

Sexual Rapport Modeling Nonverbal Sexual Cuing

First Edition

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Table of Contents

[Table of Contents](#)

[Introduction](#)

[Nonverbal Sexual Cuing](#)

[Attraction Versus Being Attractive](#)

[Layers of the Brain](#)

[The Limbic Brain](#)

[Attraction Against Will](#)

[Ordering Food](#)

[Importance of Practice](#)

[Keep a Journal](#)

[Points to Remember](#)

[The Voice](#)

[Beautiful Voice at 80](#)

[Talking on the Phone](#)

[The True Story of Miranda](#)

[Volume](#)

[Resonance](#)

[Tempo](#)

[Get A Tape Recorder](#)

[Exercise: Voice Assessment](#)

[Just Relaaax....](#)

[Breathing](#)

[Posture And Breathing](#)

[The Relaxed Breath](#)

[Breathing Exercise](#)

[Volume Exercise](#)

[Volume Exercise](#)

[Chest Resonance](#)

[Resonance and the Larynx](#)

[Resonance: The "H" Sound](#)

[Resonance: "H" Words](#)

[Resonance: "ng" words](#)

[Speaking More Slowly](#)

[Tempo Exercise](#)

[Putting it all together - Harvest Moon](#)

[The TREV Formula](#)

[Points to Remember](#)

[Smiling](#)

[Smiling With The Sales Clerk](#)

[The Story of Fred](#)

[The Story of Eric](#)

[Stern or Smile?](#)

[Learning to Smile](#)

[Smile In Mirror Exercise](#)

[Visualization Smile Exercise](#)

[Store Smile Exercise](#)

[Points to Remember](#)

[Soft Playful Walking Smile](#)

[Mall Exercise](#)

[Day Exercise](#)

[Points to Remember](#)

[Body Language And Posture](#)

[Moving Deliberately](#)

[Moving Deliberately Exercise](#)

[Open Body Posture](#)

[Open Body Posture Exercise](#)

[Story of Jason](#)

[Standing Straight](#)

[Posture Exercise](#)

[Points to Remember](#)

[The Power of Touch](#)

[Why Touch Works](#)

[How To Touch A Woman](#)

[Playful Touching](#)

[That First Touch](#)

[The Double-Clasp Handshake](#)

[Points to Remember](#)

[The Secrets of Scent](#)

[Men Can't Smell](#)

[My Friend's Smelly Experiment](#)

[Women Like Good Smelling Guys](#)

[Shower And Body Wash](#)

[Shave Your Pits](#)

[Deodorant and Antiperspirant](#)

[All About Your Mouth](#)

[Cologne](#)

[Get To It](#)

[Points to Remember](#)

Physical Intrusion of Intimate Space

The Secret of Intimate Space

What Fred Did

Physical Intrusion Exercise

Points to Remember

Eye Contact

Eye Contact From Afar

Intimate Eye Contact

Points to Remember

Conclusion

Combining the Cues

House Party

Street Approach

Now Put It Into Action!

Visualization Rehearsal

Why Visualize

Memorizing is not Enough

Repetition and Intensity

The Exercises

Relaxing

Exercise #1: Visualize The Hand

Exercise #2: Transformation

Exercise #3: Multi-Senses

The Beach

The Meadow

Exercise #4: The Woman

Conclusion

Walking Smile Visualization Rehearsal

Body Language Visualization Rehearsal

Touch Visualization Rehearsal

Physical Intrusion Visualization Rehearsal

Eye Contact Visualization Rehearsal

Introduction

Hello everyone, I'm Keanu Jagger and welcome to my Nonverbal Sexual Cuing audio series. To start with let's go over exactly what Sexual Rapport Modeling is.

Sexual Rapport Modeling is all about how to effectively communicate with other human beings. Think about it, you cannot not communicate. No matter what you do, or don't do, you're expressing an emotional state to other people through nonverbal signals. Even if you simply sit on the floor without twitching a single muscle with a slack expression on your face you're still announcing to the world, "Don't approach me," "Don't bother me."

And when you think about it, everything you've achieved in your life hinged on your ability to communicate effectively. How much money you make, how your family treats you, the quality of your friends, and the quality of the women in your life are all a direct consequence of your communication skills. You've literally created all of these things and relationships by speaking and acting them into being. You could say we literally communicate our lives into being what they are – or what they are not.

Just look at the highest paid people in the world... they're all good communicators. Oprah Winfrey. Bill Gates. Warren Buffett. Highly paid professionals like lawyers, talk show hosts, CEOs, rock stars... they all make their living as professional communicators of ideas, communicators of feelings, and communicators of action.

Unfortunately in many ways, the economic system we live in today encourages most of us to be little more than cogs in the company machine, to shut up, do our work like we're told, and not talk back. And when we get home we're so tired sometimes all we want to do is turn on the television and fuzz out in front of it. The irony is we now live in an unprecedented age where thousands upon thousands of people are around us all the time... and yet our communication skills... our understanding of how we can use our voice and body... and the art of creating sexual rapport with others... has never been worse and unpracticed from lack of use or experience.

This is what we will work together on to change throughout this course.

But before we get to that, let's answer the question, what does sexual rapport modeling mean exactly?

Sexual... Rapport... Modeling... I mean Sexual as in the sexual sub-communication that goes on between people all the time. The communication between people that carries a sexual element. Most people aren't consciously aware of their sexual sub-communication, but we all do it on one level or another. Sexual Rapport Modeling takes this sexual sub-communication process, which we do everyday, without much thought, and turns it into a conscious process that you can control and direct to see better results in all areas of your life.

Rapport... rapport as in accord, harmony, a one-one-one relationship with another person. The kind of openness and trust within a relationship that allows you to influence another person's thought process or feelings. For example, you probably have good rapport with your friends when you're hanging out with them... when you're with your friends you feel comfortable, relaxed, and trusting.

Sexual Rapport Modeling is about taking that unconscious state of rapport that you have with certain people and consciously creating it between you and others.

And Modeling... after all, people throughout the world have all sorts of remarkable communication abilities; like the ability to easily meet new people, or the ability to start a conversation in any situation, or the ability to communicate sexually through non-verbal signals. Each of these abilities is a code locked inside that person's mind.

Through modeling the internal processes and behaviors of exceptional individuals, we can model, copy and use for ourselves their exceptional abilities and skills. Modeling allows you to consciously develop the skills that they unconsciously already do. Modeling takes what we know already works and installs it into yourself.

When you put these three words together... sexual... rapport... and modeling... you get something very powerful. And with it I'm going to

show you throughout the courses the art of charisma enhancement; infusing confidence, charm, and playfulness into everything you do; the ability to create sexual attraction with others and hold their attention in a way they've never experienced before. I'm going to teach you how to remove all the bad programming that's been holding you back all this time and opening up all the social possibilities in your life, expanding your potential as a full, happy human being with friends, love, and happiness.

But what makes a man "irresistible", or "charismatic", or "sexy"?

"Irresistible", "charismatic", and "sexy" are all vague terms women use to describe the kind of man they want, along with, "a good sense of humor", "funny", or "a take-charge kind of guy". But none of these terms tell us what we really need to know... how exactly to become that kind of person that women really respond to and are attracted to.

You could read all of the world's published books and slowly put bits and pieces of the puzzle together, but that would be like trying to piece together the Titanic from the bottom of the ocean floor. You'd almost wish someone would just hand you an instruction sheet where you could follow steps A through E and reliably learn how to expand your social possibilities beyond what you thought possible with consistent results.

Well, Sexual Rapport Modeling is just that. Because I don't give you just a theory, but I give you a series of carefully planned exercises I've put together over the past number of years that WILL change your life.

Nonverbal Sexual Cuing

This particular audio series is the Nonverbal Sexual Cuing chapter of sexual rapport modeling. Nonverbal Sexual Cuing, in a nutshell, is about using *non-verbal communication* to *create attraction* in women on a very instinctual, primal level.

Attraction Versus Being Attractive

Now a lot of men fail to make the distinction between being attractive and creating attraction. This is one of the primary reasons men fail to succeed in creating sexual rapport with women.

Now if you're not particularly attractive, women will use their conscious critical mind to rule you out. For example, they'll see you and judge you and think to themselves, "Well, he's not my type."

Well, probably 85% of men or more are not attractive enough to get attention from women based on their looks alone. And most of these all men worry about whether they look good enough to attract the kind of women that they want to meet. So most guys never approach a woman or take a risk because disinterest on her part would blow their ego.

If a woman showed any disinterest in them it would make them crash into the reality that he is NOT attractive enough for women to fall all over him instantaneously. And that might imply a lot of bad things – like maybe you're a failure in some way or your charisma and personality is lacking.

That's why EVERYONE has hesitation at times around women. The hesitation and fear is there to protect our egos from an ego crash. It's there to protect us from the idea that we're bad with women since feeling desirable is so important to our sense of self-image.

And it's true – a woman can decide whether she feels attraction to you or not based on your "look" or our looks. It is a conscious choice for her. She is the selector, she is the chooser, and this makes men run scared that they can't control her choice.

However, being attractive to women and creating attraction in women are two completely different things entirely. You can be the ugliest mule look-

alike in the world and still make a woman feel **ATTRACTION** for you in a way that she has no control over.

Layers of the Brain

The key is to understand where feelings of lust, desire, and attraction originate in the human brain.

You see, our brain has evolved, been built up over millions of years, through a series of stages each one added upon the last.

The first, most primal part of our brain is the brain stem, which is the oldest and smallest region in the human brain. Our brain stem controls various processes such as breathing, our heartbeat, and the flight or fight response.

The second part of our brain, wrapped around the basic brain stem and having evolved later, is the limbic brain. The limbic brain is responsible for core emotional experiences including lust, desire, and attraction. Lacking language, the limbic brain is both impulsive and instinctual. It's sometimes called the pleasure center because sexual stimuli that we experience pass directly to it, which in turn sends signals to the pelvic region.

Later, over millions of more years of evolution, layers of more sophisticated reasoning have been added upon this foundation. On top of the limbic brain we have now what is called the neocortex, the newest part of our brain. The neocortex is considered the rational brain that provides logic and thought. It allows processes such as speaking and planning and critical judgment.

The Limbic Brain

What Nonverbal Sexual Cuing does is directly stimulate the limbic brain of a woman, again the part of the brain that deals with lust, desire, and attraction. At the same time, sexual Cuing bypasses her neocortex, the part of her brain that rationalizes reasons to hesitate or shut down sexual urges or judge you based on your looks.

In other words, by dealing exclusively with a woman's limbic brain, you're directly communicating to where her feelings of lust and mating begin

rather than trying to logically convince the part of her brain responsible for thoughts and critical judgment to be attracted to you.

This is why I said earlier that an unattractive man may not be attractive to a woman, but he can still create ATTRACTION in her by sexually stimulating her limbic brain through the techniques in this course.

Her neocortex may say, “He’s not attractive, he’s not me type,” but her much older, limbic brain may simultaneously feel desire and lust – and the impulsive, instinctual limbic brain will always win the fight. In fact, the limbic brain so strong that if she feels lust for you her neocortex will begin to rationalize reasons why she likes you as it cannot contradict what her limbic brain feels. The neocortex must come in alignment with her limbic urges eventually. Her thoughts must align with her feelings eventually.

Attraction Against Will

As an example of an experience that happened to me, I had just purchased a condominium and I was filling out some paperwork in the condominium’s main office. The woman who worked there was about 55 years old, overweight, and not attractive at all to me. To reiterate, I was NOT attracted to her and had already ruled her out as someone I would even remotely be attracted to based on the standards of my critical, judging rational mind.

After I finished filling out the forms however, this woman started to open up to me and tell me different stories about her life. I was in no particular rush, her stories interested me and she exuded a warm rapport, so I stayed and chatted. After a while I found myself laughing at her stories and then she dropped into a sexy voice tonality. She began to drop hints to me, talking about movies and how Demi Moore and Ashton Kutcher, 20 years Demi’s junior, made a good couple and how he probably gave her good sex.

Well, after about an hour I had to go.

As I left I realized something very, very important. In no way was I attracted to this rather old overweight woman – my conscious critical mind filtered out the possibility altogether. Yet, as I was walking down the hall outside her office I was beginning to think some rather better thoughts

about her. Her sexy voice tonality, her making me laugh, her making me feel at ease and comfortable with good rapport, and the sexual hints and innuendo were all sexual cues that triggered feelings of attraction in me. This attraction was not my conscious choice. She had bypassed my critical mind and directly triggered my limbic brain. I was responding to her sexual cues, in a sense, against my better judgment and the experience was much more powerful on me than I'd expected.

Even now I think back, "God, I'm glad I did not act on my impulses!" but that's now me thinking after the fact with my critical rational judging mind. The immediacy of her sexual cues are long gone now. But at the time, I felt much more receptive to her.

Ordering Food

As another example, I went to Pollo Tropical, a restaurant, to pick up some food to eat. The young lady at the register, she must have been about 22, asked, "How can I help you," with a rather beaten-down look on her face. As I approached, I gave her a big, wide smile while making eye contact and held it for a few beats. Then I responded by saying, "hi."

In response her demeanor transformed and gave me a big smile back. She asked again, "How can I help you?" but enthusiastically this time. I said, "Hmm... give me the... mambo combo," with another big smile and with a slow sexy voice while making direct eye contact with her.

At this point she started to giggle. So I stretched out my order banter for a good five minutes just reading off the menu - no other real conversation whatsoever. Smiling, eye contact and voice tonality, nothing more.

Well soon she was giggling and I asked her for her number. I got it and we hadn't even exchanged a normal word of conversation with each other.

So now you get an idea of how, through Nonverbal Sexual Cuing, you can bypass a woman's conscious mind of critical judgment and directly stimulate her lower limbic brain, a much older part of the brain, where thoughts of lust and mating begin.

I can tell you right now with absolute certainty, that changing how you sexually communicate nonverbally with your voice tonality, body language,

eye contact patterns, smile, touch, and more is the fastest way to create attraction and sexual rapport with women... the way to completely bypass that thinking part of her brain that would normally think to itself, "Oh he's not attractive enough," or "he's too old for me", or "he's too young for me," or simply "he's just not my type."

Importance of Practice

Now before I go on, I want to make it crystal clear that this is not a passive course. You must do the work. You must practice. I'm shocked by the number of people who go through life expecting something and doing nothing. The change cannot come from me. I can help guide you along in the right direction, but in the end you are responsible for making it happen, for changing your own habits and behaviors. Because you only become good at what you practice. So you need to spend at least 20 minutes to 40 minutes each day doing the exercises that I give you in this course.

And when you do the exercises and you practice you can expect a reliable progression. At the beginning you'll have what's called unconscious incompetence. At this stage you don't realize how poor your skills are or know how to go about improving them. You don't know what is even possible.

But with practice you move on to conscious incompetence. At this second stage you're trying new stuff out and you may feel a little awkward. You may get the feeling that, "this isn't you." This is the most difficult stage and where some people tend to give up. Conscious incompetence is like trying to ride a bike but you keep falling down. You have a goal, you know where you want to go, but it always seems like you're getting bruised. But don't give up. Everything new will seem a little weird at first.

The real rewards come shortly after, at the stage of conscious competence. When you reach conscious competence, you've got inside your head a whole host of new skills. They begin to feel comfortable to you, like part of your natural skin. But you still need to remember, concentrate, and focus on expressing your new skills out to the world around you.

After about two or three months of practice you may begin to reach the stage of unconscious competence. This is where you eventually want to

be. With unconscious competence, the new skills, habits, and behaviors have fully become part of you and you're completely natural with them. You use them without even thinking about it.

If you're still a little confused, here's the difference between conscious competence and unconscious competence.

The left side of your brain processes through conscious reasoning. The right side of your brain processes through unconscious emotion. When acquiring any new skill, you want it to be so ingrained that it's your unconscious right brain processing it. An adult who plays a little piano but has to consciously think about what key to press next is using their left brain to play. They may be able to competently churn out a tune, but they will never be a virtuoso who has an intuitive sense about music and piano playing. On the other hand, an adult who learned piano as a child can play the exact same music – but with a different part of their brain, the right side of their brain. They “see” the music all at once and their fingers just know where to go intuitively. This is the difference between conscious competence and unconscious competence.

Everyone has skills of conscious competence, including you. For example, when you walk you don't think to yourself, “okay first my left foot, then my right foot, then my left foot again.” No, you just walk and your feet know where to go all by themselves. You don't think about it or worry about it.

But that level of proficiency only happens over time and with plenty of practice. So doing the exercises I give you is very important. The exercises were designed for you to do them for twenty or forty minutes each day. Then go about your life and your new skills will express themselves all on their own. After enough time the new skills you've learned will become automatic.

Keep a Journal

Also, keep a journal. I keep one. I write down everything that I've done that day, the people I've approached and what happened in the interaction. I'll jot down my thoughts, feelings, and where I could have improved.

So I encourage you to keep a separate journal for sexual rapport modeling and sexual rapport modeling alone. Write in it every day detailing your encounters with women. Describe what you said and how they reacted.

Having a journal as a constant reference to look back on and gauge your progress is invaluable. Plus you learn a lot faster when you write things out. A busy mind comes up with great ideas, but instead of losing them you'll have them on hand in your journal. I can't tell you how many great ideas are lost when you don't give yourself permission to write them down.

Points to Remember

So before we get into the meat of this course, remember these two rules:

First. Nonverbal Sexual Cuing means using nonverbal communication to bypass a woman's critical, conscious mind and directly stimulate her limbic brain to create a feeling of attraction in her for you.

And second. Set aside twenty to forty minutes a day to do the exercises that I give you in this course.

Now let's begin.

The Voice

Most of us take our voices for granted. Yet the resonance, speed, and tone of your voice are some of the most important factors in creating sexual rapport with women. The words you say to a woman are not so important as HOW you say them and HOW you project yourself. The woman's limbic brain is sexually stimulated based on the nonverbal you, not your words.

For example, if you have a resonant, sultry, sexy voice, women will often become sexually intrigued as soon as you open your mouth. The sound of your voice alone can change her state from neutral to captive and intrigue. Of course, what you say CAN affect the outcome of creating sexual rapport; but it is much more important to learn to sound good.

Think about it, what do you want to convey with the sound of your voice?

Do you want to convey fear or power? Do you want to convey submission or dominance? Do you want to convey nervousness or relaxation?

(peter out) Now what if your voice starts out strong when you're speaking, but then tends to peter out at the end. (softly) Or what if you speak like this, really soft and quiet like. (nasally) Or what if you speak like this with a nasally tone of voice. (squeaky) Or sound squeaky like I'm speaking now.

If you speak in any of these ways, no one will want to listen to you. And it won't matter what you say to a woman because she's already judged you as insecure or fearful based on your voice. It's not going to turn her on. It's not going to make her feel sexual rapport with you no matter what verbal lines or languaging you're using.

But with a sexy voice, it's almost like you're a walking talking hypnotist. That's because when you have a sexy voice, everything you say is hypnotism. After all, what does a hypnotist need to do to put someone into a trance... they need to speak with authority, relax their patient, and put to sleep that critical part of the mind that makes judgments and resists suggestions.

Now you don't need to speak to a woman like a hypnotist, like, "You will

deeply relax now and follow the suggestions of my voice.”

If the tone and quality of your voice is already relaxing, deep, commanding, and resonant, you fulfill all the requirements of hypnosis. When someone hears the kind of voice that makes them stop, relax, listen, and assume you’re an authority, then they’ll let what you’re saying enter in and affect them. They will go into trance. In fact, most people are walking around in a relaxed, trance-like state ALL the time and it’s just your job to make them to listen to YOU.

After all, your voice IS your identity and you must speak to other people; you cannot hide your voice. Your voice is something that we have to use all the time. Your voice is communicating the kind of person we are all the time. And yet, most of us don’t even consider how we may be projecting ourselves to the world through our voices.

Beautiful Voice at 80

I’ve known 80 year old men with more attractive voices than 30 year old men in their prime. Take my friend Jim Kerr.

Mr. Kerr is nearly 80 years old, and yet commands an incredible resonance and tonality to his voice. When he speaks, you almost want to turn your head to see where that incredible voice is coming from. When he speaks, you listen because his voice has such a presence.

Of course, Mr. Kerr has sung internationally in major concerts all over the world with the likes of Arturo Toscanini and Sir John Barbirolli.

Of course, you don’t need to have as much voice experience as Mr. Kerr to have an excellent, sexy speaking voice. Within even a few weeks of practice you’ll see a dramatic improvement to the point where you can create sexual rapport with woman just by speaking, no matter what it is you’re saying.

Talking on the Phone

For example, perhaps you’ve had instances in your life where you’ve heard a woman speak with such a lovely or attractive voice that she immediately had your attention; that she immediately had you in a trance

by her voice. And maybe even she was not the kind of woman you would normally find that attractive, and yet she evoked certain feelings in you just from the way she spoke.

One instance happened to me where I was speaking on the phone with a woman who I had wanted to start teaching me a foreign language the following weekend. I had never met her, only talked to her on the phone, and she had a really cute, giggly kind of voice. It was youthful, playful and flirtatious.

Well when speaking to her, I immediately dropped down into a more resonant tonality myself and slowed down my speech. This wasn't a conscious decision on my part, just an automatic response I normally have around attractive women.

The next week, I met her in person and was shocked. She was not someone I would normally have been attracted to at all. She wasn't outright ugly, but on the other hand she was very plain looking. My mind immediately put her into the "let's just be friends" category.

But then she opened her mouth again and out came that really cute, playful voice I had heard earlier on the phone, that voice that exuded warmth, fun, and sexiness. She had mastery control over the sexual cue of voice and I felt compelled to respond. I was compelled to be attracted. Whereas based on her looks, I wrote her off, but based on the sexual cue of voice I had NO CHOICE but to feel something more.

The True Story of Miranda

Take the true story of Miranda, a mystery woman who kept ongoing phone conversations with dozens of celebrities over 15 years. Sting, Bob Dylan, Robert De Niro, Warren Beatty, Ted Kennedy, Richard Gere all fell under the spell of her flirty, sexy, breathy voice. Billy Joel was so smitten by this woman that he had never met, that he sent her a diamond-studded Rolex.

Well, the woman, who claimed on the phone to be a model named Miranda... turned out to really be a dumpy, overweight social worker from Louisiana.

Yet she was able to seduce these celebrity stars just with the sound of her

voice alone.

Volume

You can have that same kind of effect on women with your voice. So what I want to do now is discuss some of the more important aspects of the voice. It's what I call the TREV system, TREV which is short for tempo... resonance... and volume.

The first aspect I want to go over is volume or projection. Some of you listening speak way too softly as if you're afraid of someone hearing you. Or you speak almost as if you're talking to yourself and not for anyone else to hear you.

However, if you want other people to take you seriously, if you want to hold and engage a woman's attention, you want to speak at a "listen to what I'm saying" volume... you need to grab hold of the words and direct them outward with intention. I'm not saying to yell... I'm telling you to turn up the volume a little, speak with the kind of volume that comes naturally when you attach importance to every word you say.

Resonance

The second aspect of voice I want to go over is resonance.

You want your voice to sound rich and full, soothing and warm – in other words, resonant. What you don't want is to sound whispery and raspy, nasally and thin, or whiny and grating. A resonant voice sounds sexy and soothing, sounds like someone who is in a position of authority, while a raspy or nasally voice only signals inexperience or nervousness.

I have a friend that speaks with a nasal, raspy voice and it's hard to take what he says seriously because of that. However, even if your voice isn't all that bad, you can always learn how to add more resonance to it.

Listen to the following female voice and notice how it has a nice, warm resonance to it.

Female Voice: some say the world will end in fire

Notice how, with resonance, a voice sounds interesting and sexy. Notice how the voice may have had a somewhat hypnotic effect that you caught your attention.

When meeting people, this is the kind of resonance and effect on women YOU want to develop. With good, deep resonance you'll be able to hypnotize others just by saying hello.

Tempo

The third aspect I want to discuss about voice is tempo. Tempo simply refers to how fast or how slowly you're speaking.

Some (fast) people speak way too fast especially when they get nervous, so that you have a hard time following what they're saying and they lose all of their resonance and no sexual rapport is created whatsoever. (normal) If you tend to talk quickly and nonstop and you pause only long enough to take a short breath, not only do you lack the air to project volume and create resonance, but you're giving the impression that you're insecure and unsure about yourself.

You need to slow down and pause. You need to slow down and pause to break down what you're saying into chunks that make sense. You need to slow down and pause to create powerful silences that draw attention to certain words and ideas that you're communicating. A pause after a word gives time for the idea to sink in. If you speak too fast, others will miss some of what you're saying and something important gets lost.

Not only that, but slowing down helps you enunciate clearly so that your listeners can pick up every word and because enunciating clearly can be very sexy. After all, what sounds sexier... chocolate or choc-co-late?

Listen to these two voices. Which one sounds more like it will get sexual rapport with others?

Female Voice #1: woman speaking quickly

Female Voice #2: woman speaking slowly

Get A Tape Recorder

Now, to practice improving the sound of your voice as a sexual cue for creating sexual rapport, you'll need to get a sound recorder. The voice that you hear when you speak is not the voice that other people hear. When you speak, the sounds of your voice vibrate through your head and chest. But a listener only hears the sound vibrations from your voice that travel through the air, which sounds more stripped down and flat compared with the warm, resonant of sound that you perceive.

The only way to have an objective ear about your own voice is by recording it. It's the easiest way to listen to your own voice and accurately assess it.

Once you have a sound recorder, realize that the only thing keeping you from having a sexy, attractive voice that women will respond to is your own set of habits. Fortunately, poor speaking habits can be unlearned and you can develop new ones that will dramatically improve the sound of your voice so that it's no longer merely a voice, but acts as your sexual cuing magic wand at your command.

Exercise: Voice Assessment

Your first assignment is to find out what you actually, really sound like. Again, the voice that you hear when you speak is not the same voice that everyone else hears. What other people hear is more thin and flat because they're only hearing that part of your voice traveling through the air.

Find a book, magazine, or newspaper and read a few paragraphs aloud into your sound recorder and listen to the playback of your voice.

Once you've listened to your voice, ask yourself these questions. Do you like the sound of it? Do you imagine that your voice would create sexual rapport and attraction in women when they hear it?

Now before you become overly paranoid about the quality of your sound, keep in mind that even the vast majority of professional singers don't like sound of their own voices. Even most professional singers will admit that their voices are full of flaws.

Just Relaaax....

But even if you do feel that your voice is relatively smooth and nice to listen to from the recorder, a lot of us will choke up when talking to other people, particularly choke up when speaking with an attractive woman. Out of excitement or nervousness we start speaking faster and we don't breathe as deeply as we normally would, so we don't get enough air to make the sound of our voices as resonant or as clear as we normally would sound.

That's why to keep a resonant, calm and steady voice that expresses emotion and sexiness, you have to be relaxed. If you're not relaxed you're not breathing and you're speaking too quickly which makes you sound high-pitched, nasally, and nervous.

So of all the techniques I'm going to show you for developing the sexual cue of voice, being relaxed is the number one way to improve the sound of it.

Breathing

And one of the simplest ways to relax is to learn to breathe smoothly and deeply as a matter of habit. Breathing smoothly and deeply calms your mind, relaxes your muscles, and keeps a consistent airflow necessary to project, resonate, and keep a consistent smoothness.

Since sound is caused by the vibration of sound waves in the air, the more air you breathe in and breathe out to form the sounds of words, the more projection and resonance you can attain.

However, a lot of people breathe very shallow breaths throughout their day which precludes them from having a sexy voice. What you want is to get into the habit of breathing more fully and deeply.

Posture And Breathing

To begin with, to breathe more deeply, you want to keep a straight posture. Slumping forward even a little partly collapses the upper rib cage and prevents the lungs from being able to expand with air.

To feel for yourself what I'm talking about, and how important it is for speaking purposes to have a healthy volume of air going in and out, sit down in a chair with your back straight, in proper alignment, and your shoulders down. Make sure that you're not slumping forward or that you have your shoulders rounded forward.

Begin to count slowly from one to ten, and as you continue to count, slowly round your shoulders and move them toward your knees as if you're bending down to look at what's under your chair. As you curl down, you'll begin to notice your voice begin to choke, until it's nothing more than just a husky wisp.

Once you're hunched all the way down to your knees, try taking a deep breath and you'll notice that your lungs just physically can't expand but a little.

Even a small amount of slouching will constrict your breathing, that's why you want to keep a good straight posture at all times.

The Relaxed Breath

However, keep in mind that when I say to breathe deeply, you don't want to unnaturally force deep breaths. The key to good breathing for speech is that it's not forced. You want to maintain deep, but RELAXED breathing. You shouldn't feel any self-induced pressure when to inhale or exhale.

A good, deep breath should almost feel more like a relaxed sigh.... go ahead and sigh right now. (SIGH) You'll notice as you sigh, you become MORE relaxed. A sigh is taking a deep breath that relaxes you, it's not something that's forced or feels laborious.

As an exercise, pick up a book or magazine to read aloud. As you read, experiment with breathing more deeply than you normally would. Don't force the breaths; you should remain relaxed and natural as you read. The point is to get out of the habit of that shallow breathing you're used to taking.

Practice this breathing exercise every day and write down your results in your journal.

Breathing Exercise

For this next breathing exercise, I want you to slow down your speaking pace and become more intentional about your breathing.

Read the following passage from your exercise booklet aloud into your recorder.

(read quickly) When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at the end. People look, but no one ever finds it. When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.

Now I want you to read the passage again into your recorder, but this time taking more time to stop and breathe, so that every sentence has full breath support behind it. It should sound more like this:

When the sunlight / strikes raindrops / in the air, / they act like a prism / and form a rainbow. / The rainbow is / a division of / white light into many / beautiful colors. / These take the shape / of a long round arch, / with its path high above, / and its two ends / apparently beyond / the horizon. / There is, / according to legend, / a boiling pot of gold / at the end. / People look, / but no one ever finds it. / When a man looks / for something beyond his reach, / his friends say / he is looking for / the pot of gold / at the end / of the rainbow.

Now compare the two readings on your recorder, listening to one after another. How do they compare?

Pay attention to your breathing all week. Monitor it throughout the day. Everywhere you go, be conscious of it. In different situations, spontaneously ask yourself how you're breathing. Whether you're working, reading, watching television, or spending time with a friend, pay attention whether you're breathing shallow or deeply and adjust it. And notice how, when you're speaking on full, relaxed breaths, how the difference in your new voice effects those around you differently.

Volume Exercise

Now, let's do some exercises that deal with the volume and projection of your voice. Of course, there will be times when you're in an intimate situation with a woman, when you've already developed some sexual rapport with her, and a soft, almost breathy voice can be good for creating a sense of allure and intimacy. But when you're speaking softly like that, I only want you to do it because you consciously **CHOSE** to speak softly for creating a particular effect – not because it's the normal way you speak.

Because, the fact is, many of us run around speaking as if we're talking privately to ourselves and to no one else, as if what we have to say isn't all that important, as if we're afraid others might judge us based on our words.

Take for example, Michael Jackson. On stage he belts out his songs with feeling, with emotion, with projection. However (said softly), when he's speaking in an interview he speaks very softly as if he's full of fear and self-doubt.

Having volume and projection is usually purely a matter of breathing fully and a matter of letting go of that fear of being heard by others. Even if you're not shy per se, you may be holding back your voice so as not to make waves, so as to blend into the crowd and not be noticed. If you don't speak very loudly it could be your breathing, but most likely, psychologically, something is holding you back. Most likely you're afraid to be heard.

To remove fear and doubt, and allow your voice to energize your whole body as you speak, it's good to keep in mind to be playful. Have fun with your speaking voice. Let go a little, and don't take yourself so seriously.

In this exercise, start laughing out loud. Just laugh. Go ahead and laugh out loud. Really laugh. There's no need to worry about looking dignified. Just laugh out loud and become comfortable not only with the way you sound, but also with the volume of your voice.

(PAUSE)

If you find that you gave a half-hearted or weak laugh, or don't do it at all, it probably means that on some level you're shy of using your voice. You're shy of being heard. And you have to get over that. I want you to really laugh now, laugh out loud, laugh so that your neighbors can hear you.

Don't be afraid to play. I don't care how stupid or unnecessary this exercise may sound, you need to get used to making noise. This is an exercise you should repeat very day for a few weeks until you're not shy about the sound of your own voice.

Now pretend your Tarzan of the jungle. Beat your chest and make that Tarzan animal call. If you don't know what Tarzan sounds like, pretend as if you're the king of the jungle and imagine the kind of kind of animal call Tarzan would make to call the other animals.

I want you to come away from these exercises with the idea that you need to make a conscious effort to speak more loudly with volume... to speak as if what you have to say is important... to speak as if to be heard by others. Remember, that speaking is suppose to energize the whole body... the more you speak the more energy you'll have, and the more people will stop and listen to what you have to say.

Volume Exercise

For this next volume exercise, read the following passage, found in your exercise booklet, out loud into your voice recorder. It goes like this,

You know what I find really interesting about different people. You know when you just meet some people, and they're nice and friendly, and you seem to get along with them. And yet, there's something missing. You don't feel that spark. But then, with others, there's something about them that you just can't quite put your finger on. There's something about them that you find mysteriously attractive. Maybe it's the way they smile. Or maybe it's the way they look at you. Or maybe it's the way their voice seems to penetrate you with its command and presence. Whatever it is, you don't meet this kind of person very often. But when you do, you feel that spark. You feel that spark start here inside your chest and it just spreads out all over your entire body, until you just can't resist that feeling of attraction and you just want to talk to that person more and more.

However, when you read this passage, focus on projecting your voice as if you're talking to someone across a table in a noisy restaurant, so that others would pay attention to what you're saying, as if you have something important to say.

Now, this doesn't mean shout or make your voice hoarse. If you're breath properly with deep, relaxed breathing, you shouldn't become hoarse.

Chest Resonance

Now let's move on from volume and projecting to creating warmth and resonance in your voice. You don't want to sound nasally or squeaky, that will turn a woman off and hijack any chance of creating attraction.

To practice speaking with resonance, make a long "uhhhhhh" sound out loud.

Where do you feel the physical vibration when you say "uhhh"? Most likely, if your resonance is poor, you'll feel the vibration only in your throat. Touch your throat for a moment, say "uhhhh" and you'll feel the vibration there on your fingertips. Now touch your chest and say "uhhhh" and you probably don't feel much vibration there at all. When you speak only from your throat, you don't get much resonance in your speaking voice.

Now try to move the vibration of the "uhhhhhh" down to your chest. You may have to play around for a while to get it there. But you'll know you have it when you feel a strong vibration there. Your chest and throat should both have that vibration when you speak.

Listen to the difference. First, from my throat (demo). Now from my chest and throat (demo).

Repeat this exercise every day for a few weeks and throughout the day, monitor your speaking so that you can feel the sound vibration not just in your throat, but in your chest as well. At the same time, ask yourself throughout the day how much resonance your voice has and adjust it.

Resonance and the Larynx

Another method of making sure you have resonance is to keep your larynx positioned down. Often, that nasally, pinched voice that you sometimes here can be eliminated by lowering your larynx.

To lower your larynx, hold your Adam's Apple which feels like a bump in the front of your neck between your two fingers. Gently hold the end of it where it extrudes the farthest out... that's where your Larynx is.

Now say "a... e... i... o... u..." You'll notice that you can feel with your fingers that your larynx moves down about a quarter of an inch when you speak.

Now practice speaking "a... e... i... o... u..." into your recorder, making a conscious effort to keep your larynx positioned down in this new placement.

Then practice speaking "a... e... i... o... u..." into your recorder, making a conscious effort to keep your larynx positioned up. You'll notice that your voice sounds much more nasally.

So one of the tricks to develop resonance, is to speak with your larynx positioned down. Try practicing it with the exercise found in your booklet.

Resonance: The "H" Sound

Now that you know how to create resonance in your voice through, number one, breathing relaxed and deeply, two positioning your larynx down, and three speaking so that you feel vibration in both your chest and throat, I'm going to give you a few verbal exercises for developing your resonance.

Practice speaking out loud into your sound recorder the following sequence of vowels which start with an "h".

Breathe deeply like a sigh and say Ha, ho, hu, hi.

and again, breathe and say

ha, ho, hu, hi.

and again. Breathe and say ha, ho hu, hi for a few minutes.

Record your voice into the sound recorder and notice how it changes or improves over the session.

Resonance: “H” Words

Now practice speaking aloud into your sound recorder the following one syllable words, using relaxed deep breathing, a lowered larynx and vibrating from the chest and throat.

Breathe... how, have, hoe

Breathe... head, him, hear

Breathe... her, help, hen

Breathe... hide, horse, hay

Breathe... high, hound, who

Breathe... hill, half, hand

And again... how, have, hoe

Head, him, hear

Her, help, hen

Hide, horse, hay

High, hound, who

Hill, half, hand

By the way, the reason the words begin with an H is because that's the normal sound your produce when breathing naturally. Spend a moment now to pant like a runner, like this (demo). You'll notice that the sound of your breaths naturally starts with a soft H.

Continue to produce the one syllable H word sequences for five minutes, playing with the amount of resonance you can get in your voice.

Resonance: “ng” words

Now the English language has three commonly occurring nasal sounds: "ng" as in "sing", "m" as in "swim", and "n" as in "win".

Try it for yourself right now. Say “swim” but prolong the “m” sound. Like

this “swimmmmm....”.

As you prolong the “m” sound, hold your fingertips up to your lips. Where do you feel the vibration? Around your lips? Around your nose? Or perhaps your forehead.

Continue to repeat the words “swim”, “sing”, and “win” but prolong the end nasal sounds of “m”, “ng”, and “n”. Then concentrate on feeling the vibrations, not just on your lips, but throughout your entire head.

Repeat “sing”, “swim”, and “win” over and over again for a few minutes, focusing on feeling the vibrations throughout your head. Then, once you can do that, see if you can start to move and feel the vibrations in your chest as well. You want to gradually practice expanding the field of vibration of these naturally nasal sounds from your lips, to throughout your head, to down through your chest.

And gradually, with practice, this exercise will give your voice more resonance that is sexy and attractive to listen to.

Speaking More Slowly

Now let’s move on from resonance of the voice to practicing tempo, the speed at which you tend to speak. It’s really important not to speak to others too quickly. Speaking quickly conveys nervousness and prevents you from breathing deeply and often enough to speak with a resonant, warm voice.

However, when you slow down your speech, not only can you speak with resonance and warmth but it helps people to understand what you’re saying. When you slow down your speech, you can place added emphasis on words and create drama and interest in your speech with pauses and silences.

Take the line, (read fast) “Excuse me, but I just had to take the chance to tell you that I find you absolutely beautiful.” Now this line itself is not very powerful as I just spoke it. In fact, any line you use, no matter how good it supposedly is, will lose its power if you speak it too quickly.

Now imagine we slow this line down and say it to a woman like this,

(slowly) “Excuse me, but I just had to take the chance to tell you that I find you absolutely beautiful.”

See? Slowing it down gives the line more emotional impact and makes you sound more relaxed and confident.

However, we can slow it down even further, by adding powerful silences. For example, a pause after “excuse me”, a pause after “tell you” and a pause after “I find you”. With the three pauses it sounds like, “Excuse me.... but I just had to take the chance.. to tell you... that I find you.... absolutely beautiful.”

Notice how much more powerful that sounds with anticipation and drama than (read fast) “Excuse me, but I just had to take the chance to tell you that I find you absolutely beautiful.”

Now you try saying the line, which you’ll also find in your exercise booklet, into your sound recorder. Record it once aloud speaking quickly, and then record it again speaking slowly and then a third time with the power pauses. Listen back to your voice and notice how all the recordings sound different. And decide which one you think sounds the most powerful.

Tempo Exercise

In general, when speaking, make a conscious effort to take your time. Don’t be hurried. Make others wait for you to gather your thoughts and to speak clearly.

For this next tempo exercise, read the following passage, which is also found in your exercise booklet, into your recorder.

(read quickly) “What I find really interesting about listening to a person’s voice, is the pace at which they speak. Because when you meet someone who speaks clearly, so that you can catch every word they say, so that every word is enunciated and clear, you just find yourself intrigued and fascinated by every word they say. Like take the word chocolate. It’s so much sexier when you say chocolate. Eating rich, dark, chocolate and drinking delicious red wine. And it’s almost as if, the warmth of that voice just wraps itself around you like two strong arms giving you a great big hug.”

Read the paragraph once at normal speed into your recorder. Then read it again, but slow it down and add the pauses. When read more slowly, it should sound more like this,

(read slowly) “What I find really interesting... about listening to a person’s voice, is the pace at which they speak. Because when you meet someone... who speaks clearly, so that you can catch every word they say... so that every word is enunciated and clear... you just find yourself intrigued and fasc-in-ated by every word they say. Like take the word chocolate. It’s so much sexier when you say choc-co-late. Eating rich, dark, choc-co-late and drinking de-li-c-i-ous red wine. And it’s almost as if... the warmth of that voice... just wraps itself around you like two strong arms giving you a great big hug.”

Then play back the recorder back and notice which of the two recordings you prefer. What sounds more like a sexual cue for creating attraction... when you read the passage at your normal pace, or when you slow it down and add the pauses? Record it again and play around with the speed. Notice, what speed gives you the best sound of voice. What speed makes you sound sexier? What speed makes you sound cool, calm, and collected?

Putting it all together - Harvest Moon

Now we’re going to put all of these elements of the TREV system together... tempo, resonance, and volume. Find the poem “Under the Harvest Moon” by Carl Sandburg in your exercise booklet, and read the poem along with the following emphasis.

First, read “Under the Harvest Moon” as you would normally into your recorder.

Then read “Under the Harvest Moon” into the recorder focusing on projecting enough volume, as if you’re reading to be heard.

Next, read “Under the Harvest Moon” into the recorder focusing on resonance, so that your voice doesn’t sound squeaky or nasally, but has a nice resonant warmth to it.

Next, read “Under the Harvest Moon” into the recorder but this time focusing on having a slow, sexy tempo and making sure to enunciate all of the words properly.

Lastly, record the poem into the recorder a number of times playing with all the elements of TREV. When you’re done, play the recordings back and write down in your journal how your voice sounds through all the variations. Note which reading you like the least, and which reading you like the most. And practice getting into the habit of speaking the way that sounds the best to you, all the time, everywhere you go.

The TREV Formula

So, to conclude the sexual cue of voice, remember the TREV formula – tempo, resonance, and volume.

Don’t take your voice for granted. It’s a critical sexual cue for creating sexual rapport. How you say your words is more important than the actual words themselves. How you say your words is what will bypass a woman’s critical mind and directly stimulate her limbic brain into feeling attraction... or not.

Be that hypnotist, that special person who can hypnotize people just with the sound of your voice, no matter what you’re saying. Be that person who can grab people’s attention in an instant, relax them, make them feel good, and do it all with an aura of confidence and authority. Your voice is a Porsche under the hood, waiting to come out – so use it.

You’ll find however, that even though when you’re practicing your voice sounds resonant, smooth, sexy, and pleasant to listen to, in the real world bad habit can throw you back into your old way of speaking.

So pay attention to your voice throughout your day, when you’re speaking to others. Be conscious of it. Speaking well is a habit you have to develop that habit outside of just the exercises. And keep practicing – with time, your voice will improve and you’ll be able to move people emotionally and sexually with the sound of your voice alone in ways you didn’t think possible.

Points to Remember

So for the nonverbal sexual cue of voice, remember the following rules.

First, speak to others with volume and projection. Don't hide your voice.

Second, breathe deeply and relaxed, rather than breathing in a shallow manner to allow for better volume and resonance.

Third, stand up straight for maximum unimpeded air flow to your lungs.

Fourth, speak with resonance and warmth.

Fifth, speak slowly enough so that you can get enough breath for volume and resonance.

And sixth, speak with pauses and silences to create interest and drama in what you're saying.

Smiling

The next nonverbal sexual cue I want to discuss is the smile. The power of smiling is usually greatly underestimated in creating sexual rapport with women. I've met many guys attempting to improve their conversation abilities or their looks when they don't even command their own facial expressions.

The reason to smile is simple. A smile shows that you're an open, friendly relaxed person. It's an attitude that says without words, "I'm in a good mood. I'm enjoying myself. Being around me makes others feel good too, because my good mood is so infectious." Ever notice how much more friendly and inviting a woman is whose smiling? A woman with a smile on her face seems much more approachable than a woman with a frown. Her smile tells you that she's a friendly person.

And smiling is infectious. People have a natural reaction to smile when they see yours, making THEM feel open, friendly, and relaxed on the inside.

And it doesn't matter whether you have a perfect smile or not. Scientific studies show that people respond to the ACT of your smile rather than how perfect it is or white your teeth are. The ACT of smiling is what shows to others that you're friendly, open, and confident. The ACT of smiling is what triggers the good feelings in other people.

Smiling With The Sales Clerk

I'm not sure where I first learned the importance of smiling. My first direct experience with the profound effect of it was at a department store some years ago. At the time, I rarely smiled – hardly at all in fact. I was picking out some black dress shoes after work and at the time I felt happy and upbeat.

Well, the attractive sales clerk asked me what kind of shoes I wanted. I was in a good mood and gave her big smiles for really no reason at all. My infectious smiling mood rubbed off on her though. As I made my purchase, she asked me for my number.

Strange I thought, because that never happened to me before. Women

never volunteered their number to me. In future weeks I wasn't exactly sure what I did, and I couldn't repeat it either.

The Story of Fred

The importance of smiling really clicked for me when I met Fred. Fred arched over everyone standing at 6 feet 4 inches tall, and looked young for his age of 38 years. But what stood out most about Fred, in fact you just couldn't miss it, was the way he always gave a big warm smile on his face from cheek to cheek that made you just feel good.

Women flocked to Fred like bees around a beehive. He could enter a club packed with 100 guys and 10 ladies and come out with a beautiful woman on his arm, laughing, pressing herself against his chest. At the time I wouldn't have believed it if I hadn't seen it with my own eyes.

So how did Fred do it? Other men would spend the entire night planning how and when to make their move and what opening line to use. Meanwhile, Fred would come in and seem to effortlessly meet a woman, isolate her all to himself, and have her smiling and laughing in no time.

It took me a while to realize it, but one of the primary characteristics that Fred had that no one else did was an expert command and control of his smile.

As soon as he came up to greet you, he was smiling, but not just smiling in general... he would beam his smile at YOU and you couldn't help but smile back and feel he was just a friendly almost playful fellow. Unlike most of my friends who were shy about smiling, Fred always sauntered into a room with a smile on his face, like "I'm here! I'm open and friendly and confident!" His smile projected a positive, radiant energy that I've seen in very few people.

In a nutshell, when he approached a woman he looked her right in the eye and gave her a big smile. If she smiled back – and most women did because they could not but help to respond - he was in. I watched him seduce a 22-year old Brazilian calendar model right in front of my eyes... smiling about 90% of the time he talked to her.

The Story of Eric

Conversely, I knew another guy, Eric, whom women considered a pretty handsome guy. Tan, classic facial features, lustrous hair – nature blessed him with good genes. Oh yeah, and he was rich – drove a corvette, wore tailored designer clothes, a nice watch. The view of this guy's apartment on the 17th floor overlooked two swimming pools and a river way that multi-million dollar private yachts docked at.

You'd think this guy would have had all the women in the world's attention given his money and his looks. But he had one thing that he didn't have going for him, which he could have easily fixed. He never smiled. In fact, he was embarrassed about his smile. Which was really strange particularly because he had white strait teeth and had nothing to be embarrassed about.

Even when women looked his way, which they did often enough, he wouldn't smile, ever. If a woman smiled at him he wouldn't smile back. He'd just remain mouth shut, slack jawed with a stern expression on his face. He did want to meet more women but he communicated the wrong nonverbal signals. He inadvertently communicated, "stay away from me" because he never smiled. And it's the smile that tells a woman that you're an open, friendly person.

You see, Eric didn't need good looks or lots of money to create attraction in women. Your smile IS your attractiveness, your smile is what universally creates attraction in women on a subconscious level, on a level that they have no control over, on a level that they just automatically respond to. Your smile is the centerpiece to your presentation, everything else are just accessories.

Stern or Smile?

Unfortunately, like my friend Eric, most of us go about our lives with a stern, serious look on our faces. I was in the same boat and it crippled my social opportunities for years until I realized what I was doing wrong. Apparently I have a somewhat stern look as some people have asked me if I was angry or unhappy when I was actually in a good mood. Smiling has not only made me more approachable but also has increased the positive responses I get from others by tenfold.

Now just like learning to smile is a habit you learn, not smiling is also a habit you've learned. It may be the case you've learned not to smile at people. And you have to reprogram yourself to start doing it.

Learning to Smile

Which means getting into the habit of smiling all the time. Even if I'm not feeling great, I'll even force myself to sexual cue with a smile. With any interaction with another person, you want to approach with a smile and leave with a smile.

Just don't expect to be able to do this right off the bat, especially if you're the solemn type. It takes some practice to be able to pull off a big smile on the fly. Many of us just aren't use to smiling at all and are quite self-conscious about our smiles. It's harder than it might sound if you're not use to it.

That's why I've developed a set of exercises you need to perform everyday for at least thirty to sixty days to develop the smiling habit so that it comes across clean and natural. I guarantee that by mastering this one simple nonverbal sexual cuing skill, by mastering this fundamental attraction cue that women are biologically programmed to respond to, you' ll be able to create sexual rapport with women much more quickly and consistently than ever before.

But before I go into the exercises, remember, your smile doesn't have to be perfect. If your teeth are slightly discolored or a little crooked it quite frankly doesn't matter. The point isn't that you have the whitest smile or the straightest teeth.

What's important is that the smile conveys to her you're a relaxed, friendly, and warm person. What's important is that smiling itself is a sexual cue. What's important is the ACT of smiling.

That being said, if you do lack confidence about your smile, even after doing the following exercises, modern science has come up with all sorts of corrective measures you can take. Like drugstore teeth whitening systems or the one hour dentist procedures. How white or straight you want to make your smile is in YOUR hands. That's your responsibility.

What I'm going to do is now give you the exercises you need to get into the habit of smiling on a daily basis, all the time.

Smile In Mirror Exercise

To do this first exercise, get in front of a mirror and give yourself a big, wide, open smile. You don't need a reason to do it. Fake your smile if you have to. Fake your enthusiasm.

Again, give a good solid smile for a minute into the mirror and hold it. You'll find that after a minute or so, for no apparent reason at all, you'll begin to feel better and happier. You'll find that instead of smiling because you're happy, you're happy because you're smiling. It may sound strange, but scientific studies demonstrate that this happens. The more you smile, the better you feel.

Now relax your face to get the smile out. Then smile again to the mirror. Then relax. Then smile.

The purpose of this exercise is to get use to smiling and comfortable seeing your own smile. Your smile may feel terribly fake at first but if you just keep forcing it out, practicing it, sooner or later it becomes real and natural. What you want to do is continue this exercise everyday in the morning for at least thirty days. Write down in your journal "Did the smile in mirror exercise." If you notice a difference in the way you felt afterward or if the smiling changed your mood or state, write that down too.

Visualization Smile Exercise

Now it's one thing to smile to yourself in the mirror, but it's another thing altogether to smile to an attractive woman walking down the street toward you.

Visualization rehearsal is a powerful tool for practice. This second exercise will allow you to practice smiling at women without having to leave your house. And you can do it any time.

Make sure you've got a good twenty feet of space in front of you and walk across the room. Carry yourself in a relaxed stride, not in any hurry. And as you walk, visualize or vividly imagine, an attractive woman walking

toward you as if outdoors on the sidewalk or indoors at a mall. As she gets near to you, make eye contact with her and give her a big, open smile. Even if it feels fake, force it out. See if you can maintain eye contact and smile to her without looking away.

You should do this exercise for 10 minutes following the previous exercise every day for at least 30 days. And be sure to write down “Did visualization rehearsal smile exercise” in your journal. If you noticed a difference in how you felt, write that down too.

Store Smile Exercise

For the third exercise you have to actually get out of the house. And no excuses, I want you to get out and do this. It’s the only way to get good at smiling in public.

This exercise will really show you the difference between approaching someone with a stern expression like you may normally do, and approaching someone with a smile and the 500% better response you’ll get.

This exercise takes advantage of the fact that we live in an economy where we’re completely dependent on total strangers for our basic needs and survival. Every week you meet three or four if not dozens of total strangers in the process of buying your groceries, in the process of going to the drugstore, in the process of paying tolls along the highway and in a myriad of other situations. Our society provides a built in structure for meeting strangers in a legitimate, safe setting for both you and them.

Now to start you’ll need \$2.00 or the equivalent of whatever currency you use. Go to a drugstore, grab a 25 cents pack of gum, and get in line to pay, but with a line that has a lady sales clerk. Now, you don’t want to wait in line to pay the whole time with a big open smile on your face, it may look goofy. As it’s your turn to pay, first make direct eye contact with the sales clerk, and then break open a big smile for her.

Now it can feel awkward to go from being expressionless to a big smile like that. That’s why, while you wait in line, you want to have a slight smile going on, a playful smirk, so that transitioning to a wide, open smile isn’t such a big leap. To do the playful smirk, smile slightly with the corners of

your mouth, like you have a playful attitude.

As I said before, as it's your turn to pay, make eye contact with the woman sales clerk and give her a big smile. Pause for a good long beat. Then say "hi." Don't try to say "hi" before the smile or as you smile, you want to be sure to smile first and hold it without interruption for a full beat – after all, you're practicing smiling. And not interrupting the smile for a full beat makes it stronger. And while you smile, hold it, say hello, hold eye contact with her, and don't break eye contact.

Here's an example from my own journal. I wrote, "I walked down the store aisles once just to get use to where I was and get my bearings. Most importantly it allowed me to form a playful smirk, which I let come through on my lips. I came by a mirror and smiled into it to warm up. Grabbing a protein bar off the shelf I walked over to the check out counter to pay. The check out lady looked to be about 28, not terribly attractive, but I thought to myself how I'm going to make her day. I broke into a slightly larger smile as I approached her.

She said, "hi" rather bored like... probably the 100th time she'd said hi that day. I went from my playful smirk to breaking into a big open smile and held it for two beats... one beat... two beats. "Hi", I said back. She gave me a huge smile and lightened up completely. She was as different as night and day.

And, when YOU do this exercise, be sure to write down how it went in your journal and the kinds of reactions you get. Remember, \$2.00 is enough to buy eight packs of gum, or practice this exercises eight times in a row.

Points to Remember

So I want you to, above all else, remember the following rule. The rule for the nonverbal sexual cue of smiling is, practice smiling until it becomes a natural habit you do ALL the time.

Soft Playful Walking Smile

The next nonverbal sexual cue you want to learn is what I call the “soft playful walking smile.” Now you already know that smiling is one of the most important nonverbal sexual cues you can project. So important that I encourage you to always be in the habit of smiling. Not just when you’re about to talk to someone, but when you’re walking down the street or walking through the aisles at the grocery store. That’s the kind of friendly, confident energy you want to project in public always. Always.

On the other hand, you can’t just go around with a big wide open grin all the time like you’re stoned or something.

Instead, you want to project what I call a “soft playful walking smile.” A soft playful walking smile is just that... it’s almost like your smiling to yourself and it just comes softly through on your face. Almost like a James Bond kind of smirk. Really, only the corners of your mouth need to be slightly upturned, if that.

What this soft playful walking smile does is act as a sort of launching pad for delivering a big, wide open smile when a woman passes by... so you’re always ready to deliver that most important sexual cue.

Now, some people get a little uncomfortable being in public with a slight smile. This is just another form of self-consciousness you have to let go of. Because really, if you look all serious in public you look more like an angry mass murderer or like you want to beat someone up and you should be more self conscious about looking like that.

So I’m going to give you a number of exercises for developing a soft playful walking smile that you should practice for a number of weeks.

Mall Exercise

This first exercise is really pretty simple. Go to your local mall or large shopping center or grocery store. Walk around everywhere. Don’t rush, don’t hurry, but take your time, and walk deliberately. But instead of being all serious like you normally would be, keep a soft playful walking smile on your face. You don’t need a big toothy grin, just a SOFT playful walking smile that shows up slightly on your face. And keep it up for a full 30

minutes. Time yourself if you have to.

And when you're done write down your experience in your journal. Write down if you noticed any unusual reactions from other people you passed by. But more importantly, write down how your state changed by the end of the exercise.

Day Exercise

Once you've had some practice in these 30 minute sessions being out in public with a soft playful walking smile, you're ready for something more of a challenge, for what I call the "soft playful walking smile day challenge." In this exercise, I want you to keep a soft playful walking smile ALL day, and I mean all day you're out in public and at work or driving your car. If you've got friends or family I want you to use it in front of them too.

Now all day is a long time. At times you may forget to do it, but I want you to catch yourself when you forget and start the soft, playful smile up again. You need this kind of marathon practice to really get good at it and turn it into more of an automatic behavior that you'll keep with you for the rest of your life.

So I don't care how you plan to remind yourself throughout the day, tie a red string around your finger if you have to, but keep the soft playful walking smile going for the entire day. At first it MAY will seem a little unnatural and tiring but that's why I want you to do this exercise for at least one entire day every week until it becomes easier.

And of course, be sure to write down your results in your journal. Write down if anyone makes a comment that you seem more in a good mood or if others seem to be in more of a good mood around you. Write down how the soft playful walking smile affected your state throughout the day and how natural it's feeling for you to do it.

Points to Remember

So the all important rules for the nonverbal sexual cue of the soft, playful, walking smile are,

First. Keep a soft, playful walking smile when out in public.

And second. Use a soft playful walking smile to springboard into a big open smile when the time comes to do so.

Body Language And Posture

Let's move on. I want to take some moments to discuss body language and posture. Body language and posture are vital nonverbal sexual cues to master because again, you are always communicating and your body language and posture giveaway to women, on an unconscious level, the kind of person you are.

Good body language and posture communicates strength, success, comfort, and sexiness while poor body language and posture communicates nervous energy and lack of confidence.

Again, this is not something that women process consciously. Their limbic brain is either turned on, attracted, or turned off. So there's no way around it. No matter who you are, no matter what your position in life, no matter what kind of women you're interested in, you'll want to master control over your own body to create sexual attraction and sexual rapport in women.

Moving Deliberately

The first step toward good body language is to, what I call, move deliberately or move in a controlled fashion. Remove any unnecessary movements from your body language. Unnecessary movements come across as nervous ticks in a sense. Instead, you want to move in a measured and controlled fashion, slowly and deliberately with purpose. As for your eyes, you want to hold your gaze steady.

Moving in a controlled fashion projects an attitude of power and confidence that people pick up on without you having to say a word. This means no fidgeting, no playing with your hands, and no pacing. It means no shifty eyes, and no staring around a room like you're on the hunt or as if you're being watched. It means don't cross and uncross your arms unnecessarily or tap your leg when you're sitting. It means slowing down the stride in your walk.

I had this one friend who was perfectly relaxed when he hung around his friends in his house, but as soon as we would go out into a public place, like to a mall, his whole body would literally tense up. He'd cross his arms really tight up against his body and he would never stand still in one spot.

He always had to pace. You could just feel his discomfort oozing off his skin, and it rubbed off on anyone who happened to be around him.

Not only that, he would look around the room, turning his entire head, looking this way and that way as if he was a deer or something on the lookout for a hunter with a big shotgun.

I even pointed out to him his fidgeting and tenseness, and what really surprised me was that he wasn't even aware of it. In fact, he got defensive about his body language and wouldn't believe me when I told him that he was giving off tense, nervous signals.

Now you may not be as body language challenged as him, but we all have situations where we become uncomfortable in – many of us in nightclubs for instance where there's a lot of noise, bright lights, and we're surrounded by strangers we don't know – and we tend to look around the room with shifty eyes, turn our heads quickly, and pace around unnecessarily. I know that for me in particular, when a beautiful woman is near I tended to speed up and walk more quickly than I normally did.

In uncomfortable situations you want to fight your natural instinct to speed up, and instead slow down. Put everything into slow motion. Move deliberately. Move with control.

Moving Deliberately Exercise

This next exercise will help you move like that. I want you to be honest with yourself and try to think of any unnecessary movements you make out of nervousness or think about when you walk faster than you need to. Think about the last time you were out in public, particularly around a beautiful woman. Did you ever...

Fidget? Walk very quickly? Look around?

Now I want you to go to a mall, or a large shopping center or a large grocery store and purposely slow down and minimize your movements for twenty minutes. Almost think as if your body was covered in sticky taffy and it's just too much effort to move quickly or make those jerky movements. Just slow yourself down and relax.

When you're done moving in this new way for 20 minutes, write down how it felt in your journal. Write down whether you felt more relaxed or not. Write down how your consciousness changed by the end of the exercise.

And keep practicing this exercise until you're comfortable moving in a deliberate, controlled fashion.

Open Body Posture

Now besides moving deliberately and in a controlled way, you generally want to keep an open posture about you. Having an open posture with your body language – and this means uncrossing your arms, keeping your hands apart, and keeping an open stance with your legs – shows that you're relaxed, receptive, and friendly, and visually this sends cues directly to a woman's limbic brain.

Here's some things you want to keep in mind.

For the arms: Keep your arms open and loose. Don't cross them. Don't hold your hands together.

For the legs: Keep your legs spread apart when you stand.

For when you walk: Don't keep your hands stuck to your sides. Keep them out a few inches.

For when you sit: Put one or both of your arms spread out, resting on the top of the chair. Don't hunch over forward, but lean back instead.

As a general rule, you want to create as much visual surface area for others to see as possible, sort of like when a male peacock spreads its feathers for as much visual surface eye candy as possible to attract females.

Open Body Posture Exercise

As an open posture exercise, think of your previous day at school or at work. Did you ever stand with your legs crossed when they could have been open? Did you ever keep your hands clasped together when they could have been open by your sides? Did you ever cross your arms when

you could have spread them out?

Now think about the kind of physical positions you could take that would occupy the most physical space but where you'd still feel comfortable and natural with. Spend tomorrow practicing a new open posture mentality. If you find that you have your arms crossed, uncross them. If you find yourself standing with your feet together, open up your legs. Consciously and deliberately spread your posture open throughout the day.

And in the night before you go to sleep, in your journal write down when you had a closed posture and when you found yourself correcting it. Write down if you noticed having a closed posture when you were around certain people. And write down how you felt differently when you opened it up.

Story of Jason

The third element in the body language sexual cue map of bypassing a woman's critical mind and creating attraction by directly stimulating her limbic brain, is to carry yourself well with a proud, proper posture.

At where I used to work, my coworkers were all very cool, very down to earth. However, as my friendship developed with them, I began to notice their negative opinion of one guy named Jason.

Jason was a quiet type of individual and always had some sad story to tell about his life or relationships. My other coworkers would tell me privately that Jason was always so depressing and that they always had to cheer him up while he dragged them down.

To me, Jason seemed like a pretty cool guy, but what really struck me about him was his slouched over posture.

Whether he sat or stood, he kept this permanent slouch. I decided to do an experiment to see how slouching like Jason would affect my own state. So I spent an entire day around the house slouching like he did. Wow, about 12 hours later did I feel bad! My energy level dropped tremendously just by adopting his poor posture.

This little experiment clued me in on the fact that the way you carry

yourself affects your emotional state and the energy you project to others. Jason's chronically poor posture was negatively affecting his social relationships.

As the months passed by and I got to know him better I told him about how posture affects your energy and relationships.

He was intrigued, so we went over some examples together and I did some posture straightening exercises with him.

With time Jason began to complain less and keep a more upbeat attitude. And soon, my coworkers began to notice how his attitude was changing. They all began to treat him with more respect, and all the sad stories of his problems totally disappeared from his conversations.

Standing Straight

So not only will your energy and attitude improve with good posture, but you'll project a sense of confidence... not to mention gain an inch or two of height... an inch or two you never knew you had.

This is how it's done. Your head, your shoulders, hips, knees and ankles should be in a straight, vertical line, NOT hunched over and you should stand with your weight evenly distributed between both feet, NOT slouching over on the right or left. You'll find that although it may feel a little unnatural at first, after a while it really is more comfortable... and feels great. With a little practice you'll find you'll never want to go back to slouching again.

Posture Exercise

Do the following exercise every day five times throughout the day for at least two weeks. Press your heels, butt, shoulders and head firmly against a wall so that you stand up straight. Walk three steps away from the wall and hold your straightened posture for a good five seconds. Return to the wall by walking backwards and make sure that you're still standing up straight.

Now relax and imagine in your mind a shining cord of light running through the top of the head, down through your neck, and all the way down

through the base of your spine. Imagine a person pulling up slightly on the cord, straitening you out.

Do this posture correction exercise throughout the day. You can even do it while you're sitting down while you work or driving in your car as if your back was up against an imaginary wall behind you.

Points to Remember

To conclude, for the nonverbal sexual cue of body language, remember these three fundamental rules.

First. Move deliberately in a controlled fashion.

Second. Keep an open posture.

And third. Stand up straight.

The Power of Touch

The next nonverbal sexual cue that bypasses a woman's critical, judging mind and directly stimulates feelings in her of lust, desire, and attraction is touch.

Unlike say, language, touch is a direct form of contact that causes immediate sexual arousal. In fact, in most cases, true sexual arousal begins with the first touch. Touching a woman, even in a casual manner as in a handshake or a brief touch on the arm, sends a clear message to the lust center in her brain and increases her sexual responsiveness to you in a way beyond her conscious control.

While your words are subject to being rejected by a woman's critical mind, physical contact if done properly isn't. A woman's body is covered with tens of thousands of sensory receptors that are triggered off like a thousand hot torches all going off at once at even the slightest touch. Her skin's sensory receptors are hardwired directly to her brain's pleasure center. So responding to your touch is not a choice of hers. You can easily talk to a woman for an hour and not have as intense of an effect you would if you put your hand on her shoulder or touched the back of her neck for instance.

Casual touching also makes her feel that you have a sexual confidence, that you're a good lover. It demonstrates to her, on an unconscious level, that you're not afraid to touch women because women like to be touched by you.

Now, as I've said, even just a single touch can move a woman in a powerful way. I knew this one very attractive young lady who dated a rather, I have to say, unattractive man. Downright ugly really. When I asked her what it was about him that won her over she said they had met in a resort in a hot tub and happened to get into a conversation. And when he touched her on the shoulder it just sent an electric rush through her skin. That the way he touched her just casually and playfully showed to her he had a lot of confidence and she almost felt a need to be touched again and again.

Why Touch Works

Now you might imagine that's unusual but the power of touch is much more powerful on women than it is on men. Even for women who normally don't fantasize much about sex, a few well-placed touches can make her heat up. That's because a very specific chemical process takes place in a woman's body when you touch her, even in just casually friendly way.

What happens is that when you touch her, her body releases a powerful sex hormone called Oxytocin. Oxytocin causes her to feel a bonding with you and to feel good around you. But Oxytocin also causes her testosterone levels, the hormone responsible for her sex drive, to increase as well.

Even a small touch on the arm in many cases is enough to release Oxytocin hormones and testosterone into her body and make her become sexually receptive.

Now remember my lady friend from the hot tub said she almost had a need to be touched again and again after the first touch. Well there's a very good reason for this. The heightened Oxytocin level gives a woman the desire to be touched even more, producing yet even more oxytocin - a reinforcing cycle of sex hormone escalation.

Now this is not so much the case for men. Women respond MUCH more powerfully to touch than men do. That's because Oxytocin requires estrogen to work. Without estrogen, it has no effect. And unlike men, women have lots and lots of estrogen. Ever notice how, when a woman you never noticed before, touched you on the hand or shoulder, you started suddenly to think about her differently – perhaps in a sexual way. Well, in women the effect is ten times stronger! So don't underestimate how one or two well-placed touches can make her start thinking about you as something more than just a friend or a stranger and get her thinking about you sexually.

How To Touch A Woman

Now you can't just go up and physically maul or throw yourself on a woman. You can't invade her physical territory or body zone too abruptly. I'm not advocating going up to a total stranger and putting your hands on her. And you should never ask a woman, "Can I touch you?" It's just

creepy. So don't ask. If you ever feel you need to ask then it's the wrong time or your state is just wrong and it will come off wrong.

And yet you want to come across as the kind of guy who is comfortable touching women from the moment you meet them. If you act as if touching a woman is a normal, natural thing that you do all the time then women will accept your touch more readily.

So this is what you do. Be a man of action. Once you have some rapport with her, after you've started talking to her, touch her on the arm in the middle of a sentence. Or touch her on the knee when she laughs at your joke. Or touch her on the small of her back when you catch her attention, or when you point something out to her. And in general, it's appropriate to touch to emphasize a point or touch to express agreement.

The best time to touch her is when you're both laughing in a state of rapport. As she laughs, touch her on the shoulder or leg or back. When she's laughing she's in a particular trance state that turns off her critical mind and blunts resistance. By the time she comes out of trance, it's too late. You've already set off the touch sexual cue and sent lust messages to her limbic brain.

Playful Touching

This was the case with my Spanish teacher and I. This young lady was teaching me Spanish once a week in her home. Whenever she would open the door to let me in, I'd skip any kind of handshake altogether and actually playfully give her a hug.

She would write the lessons on this marker board on her wall. The thing was that her English wasn't perfect, so whenever she would make a mistake, I'd stand up and correct it and that would always get us laughing. But often when she laughed, I would touch her wrist or arm slightly with my hand. And pretty soon, after a few lessons, she began to touch me when we would laugh together.

So being playful and laughing is probably the BEST kind of situation to initiate some light touching as it's then seen in a playfully sexual way and not seen as aggressive or intrusive.

That First Touch

I'd recommend that for the first, initial touches stick with the hands, knee, arm, shoulder, upper back, and small of the back. Those are all places that are least likely to meet resistance from her. Brief touches at first are best too. In fact, researchers have discovered that at the beginning people respond better to brief touches rather than lingering ones.

Also, keep in mind, unless you've received signs of interest from her on some level, a touch can, with some people, have the opposite reaction you want. So notice closely her reaction. If she doesn't want you touching her, she'll pull away almost instantly. On the other hand, if you touch her and she lets you, relax. She likes it. As long as she doesn't say "No!" or pull away it's probably okay.

Then there are other people who just love to be touched... it's almost as if they're in a constant state of touch hunger and you can get away with almost anything. So read your subject's responses carefully.

And one other tip. Don't look at the spot you're touching. For example, if you brush her arm, don't look there as you do it. It's always better to look into her eyes and smile when casually touching a woman. Otherwise you bring unnecessary attention to the spot you're touching that may even engage her critical mind, triggering a critical, thinking response from her. So let the touch speak for itself. It will work all on its own.

The Double-Clasp Handshake

Now another good way to initiate touch is through a handshake. My favorite is what's called the double clasp handhold. Use the excuse of exchanging names to grab her hand, shake with your right hand and cup with your left hand so that it's like your hands sandwich around hers. And then say to her, "My name's Joe," as you look into her eyes, with a big smile. Hold her hand in yours for 5 seconds longer than you would normally. Then, later, when you have to go, take her hand again and with the same strong eye contact and a warm, resonant voice tonality clasp her hand with both of yours for 5 seconds longer than normal.

Do this every time you meet a woman. With some experience you'll soon find that the women who respond really well to the double-clasp handhold,

sometimes you don't actually have to let go. You can just hold them there and eventually change it to a more relaxed position. If your eye contact, voice tonality, and smile are strong and she's smiling and giving you heavy eye contact back, not only do you not have to let go if she likes it and responds, but you can lightly start rubbing her hand or stroking her fingers.

Points to Remember

So the rule to remember for the nonverbal sexual cue of touch is touch early on, casually in conversation or with a handshake.

The Secrets of Scent

The next nonverbal sexual cue I want to discuss is scent. Your mind is wired in such a way that smell sensations travel from the nose directly to the limbic brain, the same limbic brain responsible for emotional experiences including lust and ecstasy... or disgust. There's a direct connection. You smell something and the brain responds and makes judgments immediately, before you've even cognitively realized what you're smelling.

Now, I know what I'm about to say may sound extreme and over the top, but it's true. Even a little bit of a foul smell, body odor for instance, can turn a woman off... and conversely, a clean or fresh scent can, for a woman, be a big turn on.

Before you pass judgment on this, keep in mind that study after study has demonstrated that a woman's sense of smell is MUCH more powerful than a man's. With certain kinds of smells in fact, women's sense of smell is up to 100 times more powerful than men's.

In fact, a woman's sense of smell is so strong that most women can detect MILD body odors from over three feet away. And women can usually identify past lovers based on their smell alone. Similarly, researches have found that women can identify T-shirts worn by their children based on smell alone, while fathers couldn't. You could say women's noses are sensitive enough to detect a child's unique odor print.

And this is where it gets really almost science fiction weird. A research study had 30 women whiff Ben-Zal-dah-hide, a cherry flavoring ingredient. After each whiff the women rated the intensity of the odor. What researchers found was that with each whiff the women became more and more sensitive to the cherry odor. When at first they could smell a moderate concentration of 1% Ben-zal-dah-hide in a bottle on the first test, by the end of 30 sessions – they could smell a concentration of 1-1000th of a percent of Ben-zal-dah-hide in a bottle. Put in another way, the more women smelled the better their sense of smell became and they could detect odor of 1 part chemical to 100,000 parts water. They also did the experiment on men... and us men were far, far behind in our sniffing abilities.

So think of women as sniffing supermen, who can detect smells and body odor that you didn't even dream was there.

Men Can't Smell

So just because we men can't smell as well, we have to own up to the facts. That maybe, just maybe we have ignored to some extent – and understandably ignored – something we really can't detect with our own noses. Our odors, good or bad, are largely invisible to us.

Now I'm in the exact same boat as a lot of guys – I can't smell anything to save my life. I can be at the gym for a good hour or more and think that I still smell as pretty and as clean as a rose petal. But of course, I've owned up the fact that my sense of smell, well, just plain sucks.

Some years ago, for a few weeks I went to a nearby gym on my lunch break to just do some light weight lifting exercises. I didn't even break a sweat. So I thought, nothing much, I'll just change back into my work clothes and not waste time it would take to shower and dry off.

After finishing at the gym, I go back to work thinking everything's okay. After all I can't smell anything. But then my female coworker approaches me asks, "Have you been to the gym?" I mean I was surprised, because I mean, how would she know that. And she told me that I had that "funny gym smell." She could smell something that I couldn't.

Now part of the problem in this case is that not only can't men smell very well, but we lose our perception to a scent over time. Which means we may be in a locker room and get a whiff of that locker room smell, but then after a minute or so it goes away. At least we think it does, but in reality we're just getting use to it. Meanwhile, for everyone else, the odor is still there.

My Friend's Smelly Experiment

I can relate a more extreme case of this phenomenon in regards to one of my friends who was going through a fad with the hippie lifestyle and he came over to my house one day. But when I got within two feet of him I hit this wall of noxious body odor. It just hit me like a wave, like one of those killer Japanese Tsunamis. And I'm telling you he must have smelled

strong because normally I have no sense of smell whatsoever and yet I could clearly smell him from two feet away. I could imagine for women his smell wall must have sent a shock wave out about ten feet or so.

Now he explained to me that, some Europeans only shower twice a week, and that since we live in a commercial society that tries to sell us on the idea of using hygiene products we should fight the cultural pressure and live naturally again as we once did hundreds of years ago.

Well, even if some Europeans do only shower twice a week, he hadn't showered in over two weeks. The thing is, he didn't believe me when I told him he outright smelled. Again, a person subject to the same scent for a prolonged period of time begins to lose perception of that scent.

Women Like Good Smelling Guys

Don't despair though. Fortunately, since women can pick up on body odor and the like easily, smelling good can work for you in hitting that limbic brain of theirs and turning them on.

About 2 years ago, I went to a seminar on transformational experiences. On the lunch break, I went outside to the hallway to grab a drink of water when I bumped into this older, attractive woman I had seen at the seminar and I asked her how she liked it so far.

Well unfortunately she was a little rude and kind of brushed me off without making eye contact, telling me that she liked it, but that she'd been to this kind of thing before so she knew what it was all about.

But then she looked at me differently and asked me, "Hmm... what are you wearing." I said, "Jeans... a shirt... shoes..." She said, "No I mean that scent." And she came in closer and smelled my shoulder. Then she smiled a little more, and said to me, "Hmm you smell nice!" After that she just kind of opened up and we ended up having lunch together.

Then, after the seminar ended, she invited me for a drink at her cousin's bar a few miles away. When we got to the bar we sat down together, ordered our drinks, and we ended up talking about everything, from the seminar to other esoteric topics for about two hours.

But then I decided to cut it short, because I really had to go.

I walked her to her car. I asked her, because her turn around in attitude toward me was so abrupt, "I'm curious...what made you invite a total stranger out for a drink?"

Her response was... "I couldn't get over your smell... you smell SO GOOD!"

I know it may seem weird, but we ignore this sexual cue of scent at our own peril because there's a direct connection from women's olfactory glands to her limbic brain that will process emotions of either attraction and lust, or oppositely, revulsion and disgust before her conscious mind even knows what's going on. Your scent is working for you or against you.

Fortunately, taking care of your scent is rather easy as long as you go through the motions that I'm about to give you.

Shower And Body Wash

Probably the most important thing you can do to smell clean and keep clean is to take a shower everyday in the morning as well as shower after you do any kind of exercise or heavy physical exertion. Yeah, I know maybe some people in Europe don't shower as often as that, but you're not them and you have different goals then they do.

You should also use soap in the shower to get really clean. Personally for me, soap makes my skin feel dry and rubbery so I use a liquid body wash that will cost you a little more, but it's well worth the money.

Shave Your Pits

Next, check your armpits. If you've got a lot of hair under there, shave it off. It's not actually the sweat in your armpits that smells... sweat itself is just a mixture of water, salt, and chloride and is odorless. But your armpits secrete an oily substance called sebum which bacteria love to eat and breakdown causing the odor we all know and love as B.O. All that hair in your pits gives the sebum a lot of surface area to spread itself out on and collect odor-causing bacteria. So get yourself an electric razor and

shave under your arms.

Deodorant and Antiperspirant

While shaving the excess hair from your armpits goes along way to eliminating obnoxious odors, you'll also want to wear an antiperspirant or a deodorant for your underarms. Now there's a difference between an antiperspirant and a deodorant and you can use either one, it's really up to you.

Antiperspirants prevent you from sweating at all with zirconium and aluminum that block the skin pores that release sweat.

Deodorants on the other hand cover up the smell. Deodorants may contain a fragrance or have anti-bacterial ingredients, such as triclosan which kill off odor producing bacteria. But they don't prevent sweating itself.

So if you tend to have wet underarms an antiperspirant will be better as it will prevent you from sweating altogether. And if you don't like the idea of shutting off your natural bodily functions, a deodorant may be your preferred choice.

As far as how much money you should spend in an antiperspirant or deodorant, there's really no difference between cheap and expensive brands. Any antiperspirant will have the same active ingredients that stop sweating and any deodorant will cover up the smell.

All About Your Mouth

Your mouth is another place that bacteria love to flourish. At any given time bacteria in your mouth are producing hydrogen sulfide with its rotten egg smell; skatole which is present in feces; indole which is used in small amounts in perfume but smells foul in large quantities; cadaverine which smells like rotting corpses; putrescine which is also found in decaying meat; and isovaleric acid which smells like sweaty feet.

It's usually the very back of the tongue rather than the teeth or gums where the bacteria that causes bad breath collects and thrives. However, bacteria can collect in any nook or crevice that isn't cleaned properly.

You should brush and floss twice a day. But also use a mouthwash once in the morning and once before you go to sleep at night. Using a mouthwash before you go to sleep prevents bacteria from building up and causing odor during the night.

You'll also want to keep a breath freshener handy if you expect to be involved in any close up encounters. Those lifesavers shaped breath fresheners are rather big and bulky to carry around and anything in a box tends to rattle. What's worse is they take a while to dissolve in your mouth so it's kind of obvious when you take one.

So what I like to do is carry one of those breath strip packs or you might call them mint films. They're tiny pieces of transparent film that dissolves in your mouth instantly and thus discretely, leaving you with fresh breath. And the packs are tiny and don't rattle so they're easy to keep handy in your pocket or wallet.

Cologne

But besides smelling clean, you also want to smell good, because after all to really trigger that sexual cue of scent in a woman you want to smell more than just neutral.

I don't know if you've ever been in the situation where you got close to a woman and unexpectedly you smelled her skin and it smelled sweet or it smelled of flowers, but for me I find that very attractive.

For example, researches have found that odor influences people's opinions and that it's one of the quickest ways to change shoppers' emotions.

For example one research study had two identical rooms stocked with identical pairs of sneakers. However, one room was unscented and the other room had a floral scent. 84% of the volunteers in the study said they preferred sneakers in the floral scented room, even though the sneakers were identical to the pairs in the odor-free room. The volunteers also said they would pay, on average, \$10 more for them.

In Las Vegas some casinos odorize their slot machines with a pleasant

aroma because they know those slots will get played much more often than unscented slots.

Just think about it. Some of the largest corporations in the world use aroma as their central marketing strategy. Take Starbucks or McDonalds. Both companies sell food with a compelling signature smell. Walk into a Starbucks sometime and you'll notice that the smell is part of the whole atmosphere and the aroma makes you want to buy a coffee. As for a McDonald's hamburger I can smell one from 10 feet away and it triggers a hunger response in me every time.

These companies spent tens of thousands of dollars figuring out what smells attracted customers because they knew that people have a visceral, primal response to scent on a deep, deep level.

That's why, not only do you want to keep clean and fresh, but you want to wear a cologne on a regular basis to create attraction in women.

Get To It

Now I know that all this – showering, shaving, deodorant, mouthwash, cologne, can all seem like a big pain - after all we have busy lives, and it may seem over the top to squeeze in the time for something that we as men can hardly detect with our own senses.

But I'll say this again. Ignore the sexual cue of scent at your own risk. Women's sense of smell is much, much more sensitive than a man's and it will work against you if you don't take it seriously. Fortunately, smelling good is not something you have to study. You can easily take care of it just by going through the motions that I've described.

Points to Remember

So keep in mind these six rules when it comes to the nonverbal sexual cue of scent.

First. Take a shower every day and after exercise.

Second. Use soap or liquid body wash in the shower.

Third. Keep your armpits shaved.

Fourth. Use an antiperspirant or a deodorant.

Fifth. Rinse with mouthwash after brushing and keep breath fresheners handy.

And sixth. Wear cologne.

Physical Intrusion of Intimate Space

The next important nonverbal sexual cue is physical closeness, or what I call physical intrusion into intimate space.

You may have noticed that when two people speak with one another, they tend to stand a specific distance apart depending on their relationship. For example, when a man and a woman are talking with each other at a company party they will stand a certain number of feet away from each other, at a distance that's considered socially acceptable. In most situations it's not acceptable for the man to go right up to the woman, 3 inches from her face and start talking to her about business. That would be considered highly physically intrusive and aggressive.

For example I have this Aunt who's a little off in the head and when she talks to you, she gets right up to your face very close. She means well, but your instinct is to back away. The problem is, whenever you take a step back, she takes another a step forward until you're backed up against a wall and you're just thinking, get me out of here.

Her problem is that she doesn't have a sense of what's a socially acceptable distance to have for casual, social situations.

She doesn't have the sense that every person has an invisible boundary around them that when someone else crosses this boundary, they will begin to feel a tension or become uncomfortable. This invisible boundary varies from person to person but most people's normal comfort distance around them is about 18 inches to 4 feet away. 18 inches to 4 feet away is the normal distance you typically keep with acquaintances, classmates, and people you work with.

Now people also have an intimate space around them. The intimate space for most people is between 3 and 18 inches from their body. When you cross into someone's intimate space, depending on the situation, they will unconsciously take it as an act of physical aggression or as an act of physical intimacy or a mix of both. When you cross into someone's intimate space, it's not something that they respond to based on critical reasoning rationally. Instead their old reptilian brain that thinks in terms of territory reacts with basic feelings of fear, anger, arousal, or attraction depending on the situation. It can come across as either threatening or as

exciting.

The Secret of Intimate Space

Now the key is to apply this idea of physical intrusion into someone's intimate space for creating sexual rapport.

Because when you stand three feet or more away from someone it will convey to them that you're a stranger or at least nothing more than an acquaintance. When you stand three feet away or more from someone you're not physically threatening but you're also not generating any sexual sparks either.

On the other hand, you have the other extreme of right away intruding into someone's intimate space by getting three inches in front of their face. That would signal attack aggression, break rapport, and make them back away from you.

Instead, what you want to do is to cut just slightly into a woman's intimate space, into her body zone. For most people that intimate space starts at about 18 to 12 inches away from their body so that's where you want to be, that close, to trigger that sexual tension between you and her. It doesn't take much. Just enough closeness to create that sense of physical intrusion without touch and yet not be so far away as to convey nothing.

The trick is coming close enough to her for her to be uneasy in a way that she can't quite put her finger on what it is, but not close enough for her to object.

This "sweet spot" will vary from woman to woman and from situation to situation. If you're talking to a woman over coffee, that sweet spot may be a little closer than if you were talking to the same woman in a public airport. One woman might feel that intrusion into her intimate space and sexual tension from 2 feet away while another woman will only feel it once you get within 10 inches of her.

As a general rule, as long as she's not backing away, and the more rapport you have with her, the more you can slowly move in further and further into her intimate space to turn up the heat.

What Fred Did

I knew this guy, Fred who had this whole physical intrusion cue down.

When he saw a woman that interested him, he would make eye contact with her and smile. As long as she either made eye contact back or smiled back, basically if she gave him a responsive sign, he would saunter up to her, almost kind of like a swagger, easy like and in no rush.

Now whereas most guys in his shoes might stay a comfortable sociable distance of about 2 or 3 feet away and talk, Fred would get closer, to a more intimate distance. How close he got depended on signals he picked up from her, but he unusually got aggressively close. And then, as he got her laughing and comfortable with his presence, if he wasn't already right up to her fully invading her intimate space, he would gradually edge in even closer.

And you'd be surprised how close some women would let him get. You see, some women had no problem with Fred getting 10 or 8 inches up close to them, assuming they'd signaled him with sexual cues of their own – like a smile or eye contact. Sometimes even closer. Some women got a sexual charge when he got so close they could feel his body heat when he was almost to the point of touching them during conversation.

You could almost see the electricity between their two bodies as the woman's eyes would light up and her body would automatically and unconsciously respond to his intrusion into her intimate space.

Again, all women's responses to this happen in the limbic brain, on an unconscious level, so it's not something she can object to or analyze. It's only something that she is programmed, through millions of years of evolution, to feel. That's why this technique is so powerful.

Physical Intrusion Exercise

Now the following exercise will help you to develop that intuition for sensing where someone else's outer boundary of intimate space begins.

To do this, grab a friend, man or woman. Stand away from them as far as

you would feel the normal socially acceptable distance for you to have a conversation with them would be. Notice how far away it is.

Now stand about six feet away from your friend and keep steady eye contact with them. Now take a step in closer to them. Take another step. And another. Keep approaching your friend while making eye contact. Have your friend tell you when your distance starts to feel close or slightly uncomfortable. When your friend tells you that you're close, this is where your friend's intimate space begins.

However, continue. Don't stop. Take another step in. Keep moving in closer and with each step have your friend tell you how they feel. Some people may feel only slightly uncomfortable the closer you get while others may feel highly uncomfortable.

And of course, write the results down in your journal.

Points to Remember

The rule to remember here for this nonverbal sexual cue is physically invade slightly into someone's intimate space to create sexual tension.

Eye Contact

The next nonverbal sexual cue I want to discuss is eye contact. Eye contact is one of your most powerful tools. Your eyes can do far more talking than your words. They can make a woman feel uneasy and excited and women use it as a huge measure of your self-confidence.

There are two main situations where you're using eye contact; the first is making eye contact with someone from afar like from across a room or when walking down the street with a stranger passing by. The second is up close, conversational eye contact.

Eye Contact From Afar

When you see a woman from across the room, it's fine to make eye contact from afar. However, keep in mind that just about every guy without the confidence to actually approach her and say hello will do exactly this, look at the woman from far away because they know there's little risk on their part. So it's less of a powerful sexual cue to make eye contact with a woman from a long distance.

Instead, it's more powerful to make eye contact when you're closer to a woman. That takes more relaxed confidence, and creates more sexual excitement and sexual rapport.

For example, instead of trying to make eye contact from across the room, it's more powerful to walk toward her, make eye contact closer up, smile, and then say something to her. And, if you do make eye contact from a distance, or if it's the first time making eye contact with a woman, don't be the first to look away or break the connection. Make her be the one to look away first. This demonstrates to her your self-confidence and establishes your dominance in a very sexy, dangerous, and attractive way.

Now making eye contact from afar is different from staring or stalking. You know you're staring when she's actively avoiding you and not reciprocating eye contact back. So don't stare. Remember, by definition, eye contact is mutual.

Intimate Eye Contact

The other situation for eye contact is up close, conversational eye contact. During the conversation stage of an interaction, when you're speaking to a woman, don't dart your eyes or look away much, it makes you look uncomfortable and nervous. Linger longer on her eyes than you would normally, almost as if your eyes stick to hers like soft glue.

This kind of strong, long-lasting eye contact releases phenylethylamine, a chemical that accelerates attraction, particularly in women. Overall, you want to maintain direct eye contact with her at least 80% of the time, maintaining direct eye-contact with her much longer than you'd at first think to do so.

Some call this the copulatory gaze because people who love each other not only make much more eye contact while talking, but they're also more hesitant to take their eyes off each other, even after they finish speaking.

To repeat, this is key. Continue eye contact with a woman during silences in the conversation. Strong long-lasting eye contact that stays overtime stimulates that limbic brain of hers on a primal level. She'll feel electrified when your eyes linger on hers after you've stopped talking and through the silences.

And when you do look away, look away reluctantly. Drag your eyes away slowly, as though they're stuck with soft glue.

Also, look into her eyes, not just at her face. It's a mistake to look only at the face. That's what you do when you talk to someone you're not attracted to. Looking at the face versus looking into the eyes is the difference between social, non-sexual eye contact and eye contact that's a sexual cue. Looking at the face versus looking into the eyes is the difference between conversational eye contact and eye contact that triggers an automatic sexual response and a sense of mutual intimacy in a woman.

Also, don't open your eyes really wide like a deer tranced out by bright headlights. Narrow them a little. This should be an automatic response if you're looking directly into a woman's eyes. If you're relaxed and you feel some sexual tension, your eyes should narrow slightly all on their own.

And as a cautionary word of warning, you'll find that a few women are

somewhat shy about eye contact. While keeping aggressive eye contact to most women will be a sign of confidence and is very sexy, some women will feel almost as if you're invading their personal space. Use your good judgment by reading a woman's body signals to determine her comfort level. Remember, if she consistently looks away for long periods of time she may be uncomfortable, so back off a little.

Points to Remember

So keep in mind the four primary rules when experimenting with the nonverbal sexual cue of eye contact.

First. When making eye contact with a woman from afar or a distance for the first time, don't be the one to look away. Make her look away first.

Second. During intimate conversation, look directly into a woman's eyes, not just at her face

Third. Look longer into a woman's eyes than you normally would, with strong, long-lasting eye contact.

And fourth. Continue to make eye contact through conversational pauses and silences.

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Conclusion

There you have it. Those are the primary nonverbal sexual cues you want to practice and develop as habit for bypassing a woman's critical, judging mind and sexually stimulating her limbic.

So very briefly, let's review what we've gone over so far.

Sexual cue number one. Voice tonality. (TODO)

Sexual cue number two. Smiling. Smiling shows her that you're a friendly, open person whose approachable. Smiling is infectious and it will make her smile and feel good and comfortable around you. Smiling alone will open people wide up to you in ways they normally would never have otherwise.

To improve your smile, practice smiling in the mirror. Walk across the room and as you do so, visualize a woman walking toward you and giving her a big open smile. Visit a bunch of drugstores and grocery stores and practice smiling to the sales clerk.

Sexual cue number three. The soft playful walking smile. Since you can't go around all the time with a big open smile on your face, use the soft playful walking smile to generally project a good mood and to use as a springboard to launch into a big open smile when the time comes.

At first at your work or school or a public place like the mall, practice in 30 minute sessions the playful walking smile where the corners of your lips are just slightly upturned... it should come just slightly through on your face. Then practice the playful walking smile for the entire day.

Sexual cue number four. Body language. Good body language communicates strength, success, and comfort. It's very attractive to women.

Move deliberately. Don't make unnecessary or jerky movements. Don't look around the room too much or have shifty eyes. Move in a measured and controlled fashion, slowly and deliberately with purpose.

Spend time in a public place and purposely slow yourself down, slow

yourself down as if you were covered with sticky glue.

Also, keep an open posture which shows you're an open, friendly person. Uncross your arms, keep your hands apart and keep an open stance with your legs. Notice throughout the day when you're posture is closed off and correct it.

And, stand up straight. Press your heels, butt, shoulders and head firmly against a wall so that you stand straight a number of times throughout the day.

Sexual cue number five. Touch. Touch sends direct signals to a woman's pleasure center. Touch releases powerful sexual hormones into a woman's body. For initial casual touching, touch a woman on the arm, knee, shoulder, or back when she laughs or when you make a point to emphasize something or to express agreement. Brief touches at first are best. Another way to initiate touch is with a handshake when you exchange names.

Sexual cue number six. Scent. Women have a much better sense of smell than men do. So keep clean. Shower once in the morning and one after exercising. Keep your armpits, wear bacteria like to grow, shaved. Wear a deodorant or antiperspirant. Brush, floss, and use a mouthwash to keep that mouth smelling good. And to smell better than clean, take advantage cologne.

Sexual cue number seven. Physical Intrusion into intimate space. Most acquaintances keep a normal, social distance from each other, about 18 inches to 4 feet away. However, people have an invisible boundary around them that marks off their intimate space... cutting just slightly over that boundary can create sexual sparks. Get close enough to a woman to create a heightened sense of physical intimacy but not so close to make her object.

And the more rapport you build with her, the more you can continue into her intimate space. As an exercise to get a sense of where people's boundaries are, have a friend stand in place as you walk closer and closer to them. Have them tell you when they start to feel uncomfortable or when you're too close. This is where their intimate space begins.

Sexual cue number eight. Eye contact. Your eyes can do far more talking than your words. They can make a woman feel uneasy and excited and women use it as a huge measure of your self-confidence.

The first time making eye contact with a woman, don't be the first one to look away. Make her look away. It's a sign of confidence and dominance on your part.

When speaking to a woman, don't dart your eyes around. Look directly into her eyes and linger there. Continue to hold her gaze through the silences. When you do look away, do so reluctantly.

Combining the Cues

Now the more of these sexual cues you combine, the more effect it will have on a woman. Using two or three sexual cues effectively will have more power than just one... using four or five will have more power than just two or three. So I suggest using multiple sexual cues in quick succession for maximum effect in creating quick attraction and sexual rapport.

For instance, with some women you can create deep sexual rapport with just a smile and strong eye contact. Other women will respond strongly to just a little casual touching. Other women will get strongly turned on with strong eye contact and physical intrusion into their intimate space.

And the more nonverbal sexual cues you can learn to work together and stack upon one another, the more reliably you'll create sexual rapport with women... the more reliably you'll be able to trigger heated sexual responses from them.

What I'm going to do now is give you some quick examples of situations where I've been in where I've combined most, if not all of the sexual cues together in a brief amount of time to produce an outcome.

House Party

One Saturday I was invited to a birthday party for a little girl who had just turned three years old. I knew that most of the other guests would be

women, so I prepared ahead of time by dressing in designer jeans, dress shirt, and boots.

Before the party I showered, rolled on some antiperspirant gel, and sprayed on some cologne on my neck and wrists. The best thing about the sexual cue of scent is that you can prepare ahead of time and then forget all about it.

When I arrived at the party, I wasn't the first one there. A bunch of women were crowded around the little birthday girl, talking to each other.

So I went around, making small talk here and there focusing on getting comfortable and keeping the soft, playful walking smile so that I looked comfortable and approachable.

Also, I kept my movements slow and deliberate and didn't move around too much. Through a few basic body language techniques I kept a relaxed, comfortable look to myself.

Soon after, three women showed up to the party and sat down on a couch. I caught the eye of the more attractive of the three... a long black haired beauty with green eyes and tan skin.

We made eye contact and from my soft walking smile I opened a bigger smile at her and she smiled back. I knew then at the very least she'd most likely respond well since she seemed open and friendly.

About twenty minutes later, half listening to another conversation, I looked over to her and noticed she looked bored, so I walked over and sat down perpendicular to her. At this point I could kick the sexual cuing into high gear and hit her limbic brain from every angle.

Since she already smiled at me once before, I knew she'd most likely smile again. I smiled and she smiled back. "Hi," I said to her. I extended my hand and shook hers. I shook her hand for just a moment longer than normal. I knew the touch was sending signals to the lust center of her brain.

Anyway, we started talking about all sorts of topics. I talked about some of the things I do and I found out that she ran a beauty salon. She talked

about how she recently broke up with her boyfriend of eight years. Actually, what we talked about it wasn't all that important. The content of the conversation wasn't that important to convey attraction. In many ways the conversation is simply a vehicle to continue on with the sexual cuing.

The entire time we talked I alternated between a soft closed, playful smile and a big open one. I made steady, long-lasting eye contact right into her eyes. And I spoke slowly, clearly, and with resonance in a way that conveyed relaxation, confidence, and authority.

At this point I could tell that she was really into me. The sexual rapport was there and rising... after about 15 minutes she began to mirror my smile, my eye contact, and my speaking pace.

So I decided to take it up a notch and hit her limbic brain with a few more sexual cues. Since we were both sitting down, I couldn't logistically move into her intimate space. But what I could do is when I said something funny and we laughed together about it, I touched her leg with my hand for a brief moment.

After that she began to open up to me even more... another 20 minutes into the conversation and I didn't even ask her for her number... she asked me for mine.

Now notice that I was able to get her to ask me for my number almost entirely through directly stimulating the part of her brain responsible for lust, desire, ecstasy and attraction. I didn't do it by appealing to her logic or reason.

Now here's another example of where I acted quickly to get a specific outcome; in this case, getting a date in a street and bookstore cold approach situation.

Street Approach

What happened was I was walking down the street when this attractive blonde woman strolled out of a clothing store. To make a connection, I looked her right into her eyes as soon as she came out of the door and gave her a big smile. She locked eyes with me and as I passed her, I didn't break eye contact.

As I continued to walk down the street I turned around to check what kind of response the aggressive eye contact had on her only to see her looking back over her shoulder back at me.

I let it go and went into a nearby bookstore to do some reading. However, a few minutes later, I noticed the same blonde was there in the store. She had probably followed me in.

At this point I knew that she was conditioned to respond to my sexual cues, so it didn't matter what I said to her as long as I said something as a vehicle to continue delivering sexual cues.

So I went right up to her calmly, right within her intimate space, looked right into her bright blue eyes, and smiled. After a beat I said, in a resonant voice and with slow purpose, "I noticed something really interesting about you."

She replied, "Yes?"

I said back to her, "I thought I just saw you up the block, walking the other way. Now you' re here."

Then she asked me what my name was and I took her hand and said, "My name' s Keanu" and held it for 4 seconds longer than what would be normal. We fluffed a bit, and I found out she was a graphic designer from Sweden.

We started to talk about different things, mostly fluff. What's important is that I kept steady eye contact with her eyes and talked slowly and playfully.

She responded well to my first handshake so I decide to really excite her limbic brain with some more touch and turn up the heat. I grabbed her hand again as she talked, physically moving even further into her intimate space, and said to her, "You've got really nice nails," as I began to stroke her fingers.

I continued with, "There's a lot of distractions here. How would you like to join me for lunch RIGHT NOW and have a good time finding out about

each other.”

Well, she made up some reasons about how she had to go meet a friend of hers. But then she blurted out, "But let me give you my cell number!"

I took her number and then took her hand again into mine, and told her it was nice to meet you in a warm tone and held her hand again for 4 seconds longer than normal.

Later when she and I got to know each other better, I asked her what made her turn around and follow me into the bookstore like that. She said to me it was the way that I had first looked at her.

Now notice all of the nonverbal sexual cues I used during the encounter with this woman. First, I made eye contact and smiled as she walked out of the store, and when she made eye contact back, I didn't flinch, I didn't look away.

Next, in the bookstore, for the initial approach it was all about body language. I approached calmly without speeding up or making unnecessary movements. Then I locked eye contact again, smiled again, and just said something, really anything, to show her that I had a confident, resonant voice.

So that's hitting her with a lot of nonverbal sexual cues that tap right into a more ancient part of her mind, all in rapid fire succession.

Then because she's responded well, when I introduce myself I took her hand with a handshake and introduce the sexual cue of touch, which was very powerful at this point. The touch brought the interaction and sexual rapport to a whole new level.

Then it was just a matter of being consistent with the sexual cuing... make more eye contact, more smiling, more touch, all while continuing the physical intrusion into her intimate space.

Now don't go out there and try to use these exact lines that I used. That's not the point. What I said to her is not all that important. It's HOW I said it. It's HOW I delivered my words by positioning my body language, by controlling the tone of my voice, and what I said with my EYES and facial

expression that really had the effect on her.

Because conversation is subject to being processed by her critical, judging mind, but the nonverbal sexual cues bypass all of that and work on an entirely different level.

Now Put It Into Action!

So, as you've seen, using multiple nonverbal sexual cues in quick succession has a powerful effect.

We spend our whole lives communicating with other people. You could say our lives are all about communication... we literally speak and act our lives into what they are. And the better you can communicate with these tools, the more your life will turn in some truly amazing directions.

So keep practicing and doing the exercises I've shown you. Progressing from conscious incompetence to unconscious competence takes time but you can do it if you have the will and the guts to make it happen.

Good luck.

Visualization Rehearsal

Hello everyone, this is Keanu Jagger and on this audio we will be practicing your visualization rehearsal skills.

Visualization rehearsal is an excellent way to install the habits and behaviors of sexual cuing by giving your mind a roadmap to follow.

In fact, you've practiced visualization rehearsal throughout your life. Daydreaming, fantasizing, mental rehearsals, and imagination are all examples of visualization rehearsal that you do almost every day. Whenever you've become angry with someone or felt embarrassed, maybe later you looked back on it and reran the emotional experience again and again inside your mind, effectively reliving it. Or you've probably daydreamed about an upcoming vacation or fantasized about having a different job. You've probably visualized about different women in your life.

All of these examples you rehearse in your mind to learn from; reliving them again and again in your imagination. Your mind visualizes naturally all on it's own to reinforce ideas, practice scenarios, and creatively learn.

Why Visualize

Students use visualization to improve test scores. Therapists use imagery to enhance their patients' relaxation skills. Businesses train their employees to use visualization to better performance and production. Professional musicians use visualization to write songs. And champion chess players employ visualization to beat super computers.

Ray Kroc the entrepreneur and founder of McDonald's... Conrad Hilton founder of the international chain of Hilton Hotels... Bruce Jenner Gold-medal Olympic Champion... and Napoleon Hill best selling author to name a few, have all cited visualization as a key to their success.

Researchers have actually discovered that people use the same areas of their brain when they perform an action in real life and when they visually rehearse an action only in their mind. So physically performing a task and mentally performing a task are not that different to the brain.

Researchers at Harvard University have also found a definite link between learning and visualization. A group was taught how to use visualization and a placebo group was taught to just think about an unrelated activity. Those who used visualization before performing their task performed with nearly 100% accuracy, while the placebo group performed accurately only 55% of the time.

Memorizing is not Enough

And with learning the skills and habits of nonverbal sexual cuing, visualization rehearsal is an essential tool at your disposal. You can't simply *memorize* complex skills like body language, eye contact, physical intrusion, and touch like you can vocabulary words or other things you learned in school.

It's the difference between learning with your left brain and your right brain. A virtuoso piano player plays with their right brain; playing the keys is intuitive for them; while a novice player is using their left brain, consciously trying to play correctly. We have a tendency to want to read or hear something once and expect to be able to do it when what you really need is to train the right brain with vivid experiences; training your intuition and unconscious mind so that the behaviors are programmed in you on a deep level so that they come out naturally in your actions, come out automatically, without you having to consciously think about doing them.

However, often you don't have the opportunity to teach yourself, to practice and implement these skills of sexual cuing whenever you want to in your day-to-day life. But through visualization rehearsal you can practice specific scenarios in your mind again and again, scenarios that wouldn't normally occur often in your real experience.

Repetition and Intensity

Now before I get to the visualization exercises and rehearsals, keep in mind that casual, occasional daydreaming will not get you the results you want quickly. Casual, occasional daydreaming or wishful thinking is like lazy visualization for learning purposes.

Rather your mind pays attention to what you put effort into. That's why

there are two factors to consider when using visualization rehearsal to install the habits and behaviors of nonverbal sexual cuing.

The first, repetition. Repetition impresses on the mind that what you're learning is important and to pay attention. Repetition of the exercise gradually allows your mind to bring the action, like smiling when you meet someone, from a conscious process that you have to think about doing, to being an unconscious process that you do automatically.

The second factor to consider is intensity. The mind is impressed by the intensity of the experience. If you've ever had a dramatic, emotional event in your life, it's probably impressed upon you and shaped your beliefs more dramatically than an unemotional, forgettable event in your life. When a sudden, unexpected event jolts us out of our daily routine, like a disaster, heartbreaking news, a novel experience, or extreme joy, we tend to remember those events in detail.

That's why you want to make the visualization strong, intense, and really feel it, as well as practice the rehearsals repeatedly.

The Exercises

Unfortunately, a lot of people have trouble visualizing. The following series of exercises will get your imaginative muscles working so that you can effectively use the sexual cuing visualization rehearsals that come later to install new behaviors and new habits.

The practice exercises we're about to do together follow a progression. They start out simple and work up to full sensory experiences.

However, if you listen to this audio casually – and I mean casually in that you're not sitting down in a comfortable, quiet place without distraction - you're doing it wrong. For these exercises to work you will need to listen to what I say, and imagine what I say in your mind. In other words, this is not a lecture. There is nothing to study or take notes on. If you just listen passively, you won't get the benefits of the exercises.

So make sure you're sitting down in a comfortable chair by yourself before continuing.

Relaxing

You will visualize much more easily and vividly when you're comfortable and relaxed.

So to begin with I will teach you a relaxation exercise that you should do whenever you're going to do a visualization rehearsal. So find a chair, sit down, get comfortable... and when you're ready, just let go and listen...

Take a deep breath and... close you eyes. All the way down, close your eyes... all the way down.

Now take another deep breath...

And let it go.

With each and every breath just allow yourself to relax deeper and deeper.

See the number 3 in your mind three times and...

Take a deep breath, becoming much more relaxed than before.

See the number 2 in your mind three times and...

Take a deep breath, becoming much more relaxed than before.

Visualize the number 1 in your mind three times and...

Take a deep breath, becoming much more relaxed than even before, as you go all the way down into... relaxation all throughout your body.

Place attention to your head. Breathe in ... and then breath out, letting all of the tension out of your head.

Place attention to your eyes. Breathe in ... and then breath out, letting all of the tension out of your eyes.

Place attention to your mouth. Breathe in ... and then breath out, letting all of the tension out of your mouth.

Place attention to your throat. Breathe in ... and then breath out, letting all of the tension out of your throat.

Place attention to your chest. Breathe in ... and then breath out, letting all of the tension out of your chest.

Place attention to your back. Breathe in ... and then breath out, letting all of the tension out of your back.

Place attention to your arms. Breathe in ... and then breath out, letting all of the tension out of your arms.

Place attention to your fingers. Breathe in ... and then breath out, letting all of the tension out of your fingers.

Place attention to your stomach. Breathe in ... and then breath out, letting all of the tension out of your stomach.

Place attention to your torso. Breathe in ... and then breath out, letting all of the tension out of your torso.

Place attention to your thighs. Breathe in ... and then breath out, letting all of the tension out of your thighs.

Place attention to your knees. Breathe in ... and then breath out, letting all of the tension out of your knees.

Place attention to your legs down to your feet. Breathe in ... and then breath out, letting all of the tension out of your legs.

Place attention to your feet. Breathe in ... and then breath out, letting all of the tension out of your feet.

Place attention to your toes. Breathe in ... and then breath out, letting all of the tension out of your toes.

Feel a gentle wave... of relaxation... moving from the bottom of your feet... to the top of your head... and from the top of your head... back down... to the bottom of your feet... and as that wave of relaxation...

moves through you... relaxing you even deeper than before... I'm going to count from 10 to 1.

And with each number I count... each and every number will allow you to go twice as deeply into relaxation as before. So by the time I reach 1, you'll be at the deepest level of relaxation for you.

10... twice as relaxed as before...

9... twice as relaxed...

8... ...

7... twice as relaxed

6... ...

5... twice as relaxed as before...

4... ...

3... deeper and deeper relaxed...

2... ...

And 1... deeply relaxed.

Now open your eyes.

Exercise #1: Visualize The Hand

Follow the instructions along with my voice.

Take a few moments to look at the palm of your hand. Notice as many details as you can within the next few moments.

Now close your eyes and use your imagination to see a picture of your hand in your mind. Take a moment to visualize it.

Now open your eyes and look at your hand again.

Notice all the details of your hand that you didn't notice before.

Notice the lines in your skin.

Notice the shadows.

Notice the variations in colors.

Notice the background and the space around your hand.

Now close your eyes...

And see the picture of your hand again in your mind.

Notice how much easier it is to keep pictures in your mind when you're noticing a variety of specific details.

Notice all the details you didn't see the first time... like...

The lines in your skin...

The shadows...

The variations in color...

The space around you hand...

Now open your eyes.

Exercise #2: Transformation

When you visualize using your imagination, you can also visualize transformation. This next exercise involves practicing the changing of colors, the transformation of shape, and the warping of size.

Again get into a comfortable position, follow the instructions along with my voice... close your eyes and relax.

Now imagine a picture of a yellow cube in your mind... a yellow cube in the middle of an expanse of empty, black space.

Now imagine... that the cube's yellow color melts off, drips away completely, and underneath the cube is shiny bright red.

Now imagine... the red color melts away, drips off completely, and the cube is left with a shiny silver color.

Now imagine the silver color melts away and the cube underneath is bright blue.

Now imagine the bright blue cube begins to spin slowly around.

And as it does so, the edges become rounder.

And rounder.

And rounder until the spinning cube is no longer cube shaped but has rounded itself into a perfect bright blue ball.

Now expand that bright blue ball larger and larger. Expand it until it's twice as large in your mind.

Now keep expanding the bright blue ball... expanding, expanding until it becomes HUGE, taking up the entire space in your mind.

Now take that bright blue ball and shrink it down, down, down, all the way down quickly until it's nothing more than the size of a basketball.

And continue to shrink it down, down, down until it disappears completely

from your mind.

Now open your eyes.

Exercise #3: Multi-Senses

Now this next exercise will show you that visualization is something you not only imagine with your eyes. It will show you that powerful visualization is much more than just creating a picture with your imagination. It's multi-sensory. In addition to seeing a picture, it's also feeling, smelling, tasting and hearing what's going on.

Because the more real your visualization rehearsal seems, the more real it is with touch, taste, smell, and sound, the more likely your mind will accept and learn from the experience because your mind has a difficult time telling fantasy from reality and reality from fantasy when it's deeply relaxed. The line between the two begins to blur and to your mind they both seem the same.

The more your visualization rehearsal matches the sensory input of conscious reality, the more powerful the programming of new habits and behaviors will be. The trick is to include additional sensory elements into the experience.

The Beach

This next exercise will bring into your visualizations the experience of not only sights, but sounds, touch, smells, and tastes. Simply follow the instructions along with my voice.

Get in a comfortable position, close your eyes and relax.

Now imagine that you're standing at the shore. Imagine surrounded by white sand at your feet and to your left side a vast, crystal blue ocean...

Imagine the blue waves crash down onto the sand creating white surf...

And where the waves wash over the sand they turn it wet...

Creating a visible line between the dry, white sand...

And the wet, dark sand...

Imagine overhead a bright blue sky with scattered white clouds high up

above...

With white seagulls flying about, flapping their wings as they descend to the beach...

Next to tall, scattered coconut palm trees that curve to one side or another in different directions...

Their palm leaves swaying to a light breeze.

A cooling breeze that you can feel blowing on your face... on your chest... on your hands... blowing your hair...

Feel the rough texture of the grains of sand between your toes...

Feel the sun-warmed sand heat the bottoms of your feet...

Smell that fresh, relaxing aroma of sun and ocean.

As you begin walking along the beach.

And as you walk...

Notice how...

Your perspective changes as you move...

As the coconut palm trees and seagulls in front of you become closer...

As you leave a trail of footsteps behind you...

Listening to the sporadic caws of the seagulls...

Listening to the sound of the waves crashing against the sand...

Listening to the faint, faint sounds of your footsteps as you walk...

The Meadow

Now...

Imagine...

A new place...

A new place in your mind...

A green meadow... with green grass... over soft rolling hills...

Home to rabbits that you can notice... poking their heads out of the grass...

Home to blue birds and red jays... flying from one hill to another.

Listen to the happy chirping calls they make.

And imagine in your mind the green meadow... is dotted with yellow buttercups... and dandelion flowers.

That fragrance the breeze with a sweet aroma.

And you can smell, the wet grassy earth....

And you can reach down and feel the soft blades of grass between your fingertips.

And you can feel the warmth of the sun against your face.

Now...

Open your eyes...

And come back...

To a fully aware state.

What you've just done constitutes an example of using ALL of your senses in a visualization to make the experience that much more real and the potential for a learning experience much more powerful.

Exercise #4: The Woman

Now besides sights, smells, and sounds of places, you can visualize yourself acting in various social situations with people. Often you must first clearly see yourself being a particular person or doing a particular thing in your mind before you can do it in real life.

This next exercise will bring you through various social situations. Simply follow along my instructions and my voice.

Get in a comfortable position, close your eyes and relax.

... ..

Imagine that you're sitting in the middle of a classical garden, sitting at a stone table. Notice the rough texture of the table when you touch it. Notice all of the plants and richly colored flowers around you. Notice the rich smells that linger in the air. Notice the Greek and Roman statues half covered with green vines.

Now imagine, across from you, sitting at the table, a woman. Imagine that she's the kind of woman that you find attractive...

Notice the color of her hair...

Notice the length of it...

Notice the color of her skin...

Notice how young she may be...

Notice what she's wearing...

Notice the colors of her clothes...

Notice now that she's looking at you.

Notice now that she's looking directly into your eyes.

Don't look away. Look back into hers...

And notice the shape of her eyes...

Notice their color...

Notice when she blinks...

Notice she's smiling as she looks into your eyes.

Notice the color of her lips.

Notice the whiteness of her teeth.

Notice how her cheeks raise as she smiles.

Notice how her eyes sparkle when she smiles.

Notice now how she places her hands on the table.

Notice the shape of her hands.

Notice the smoothness of them.

Notice the color of her nails.

Notice now that her skin smells sweet and you can...

Catch the scent of it from across the table...

As you...

Notice how she holds herself...

How she holds her head up...

How she may lean slightly to one side or not...

What her body posture tells you...

How her chest rises and falls...

When she breathes....

And imagine she opens her mouth...

Slowly...

And says, "Hello..." with a smile.

In a rich, feminine voice...

And from that voice...

Notice the kind of energy she projects to you.

How you can tell...

She's a positive person...

Who is eager to explore new things...

Who is eager to meet someone like you...

And most of all...

Looks happy to be...

In this garden now...

Keep her in your mind...

What you see... what you feel... her scent...

But as you do this, let the image of the garden...

Melt away...

And you and the woman are sitting together in a small French Café.

You can smell the aromas of coffee beans...

And bread and chocolate...

And the lights are dimmed...

And cast a soft, golden glow on your face...

And on hers...

Notice how her cheeks are lighted now...

And the stone table is no longer a stone table...

But small...

So that you are so close to her...

Within inches of her...

So close you can feel her breathing clearly...

So close you can feel the warmth of her body heat on your skin...

As she looks into her your eyes... as she smiles.

As you now look into her eyes... and you whisper some words into her ear.

Now imagine that the French Cafe melts away.

And you are now standing in a nightclub.

Listen to the music around you.

Notice all of the people around you.

Listen to all of their voices chattering at once.

Notice how dark it has become.

And how many sounds and sights could potentially distract you.

When suddenly...

You notice the attractive woman sitting on a barstool by the bar.

Now imagine you make eye contact with the woman.

And she looks back into your eyes.

And she smiles.

Now imagine beginning to walk... toward her...

And as you get near to her...

You smile...

You smile a large open smile...

As you look directly into her eyes...

And say hello...

Now...

Open your eyes...

And come back...

To a fully aware state.

Conclusion

As you've just experienced, you can visualize social situations and practice certain kinds of social interactions like making eye contact, smiling, approaching a woman, and saying hello. In fact, every kind of social behavior imaginable can be practiced in a trance-like state and practiced by impressing upon your mind that the imagined event has really happened. In other words you can design and practice all kinds of new realities that simulate various social situations. It's like having your own personal holodeck.

And you can do this at work, when driving in the car, when relaxing at the beach, or anywhere you can find a comfortable place to zone out without distraction.

Remember, your mind wants to work for you. It wants to help you get what you want. As long as you provide it with some direction, with clear, straightforward instructions and practice through repetition and intensity the visualizations, you will be able to teach yourself complex new behaviors and habits that you couldn't pick up and learn otherwise with wishful thinking or rote memorization.

Now the next set of five visualization rehearsals will allow you to practice the following nonverbal sexual cuing skills in this order; the soft playful walking smile; body language; touch; physical intrusion into intimate space; and eye contact.

Just keep in mind all that you've learned so far about visualization.

Walking Smile Visualization Rehearsal

Now imagine a time in your life or an event...

That made you feel good inside.

A time or event that made you feel really happy.

And allow yourself to physically smile as if you were experiencing that memory right now.

Remember that happy time right now that makes you smile...

Feel all the feelings and sensations that come along with that good smile.

And let that warm, smiling energy travel from your chest...

Out through your arms and legs...

Out through your hands and feet...

Out through your fingers and toes...

Until your whole body feels that smiling...

Uplifting...

Carefree energy.

Now... allow the facial muscles to relax... so that only a trace of the smile appears from the corners of your mouth... a soft playful smile...

Now imagine yourself... walking down the street with this soft, playful smile.

And with every step you take... you feel better and better... more playful than before... projecting that positive energy... with that soft, playful smile coming through on your lips. Sometimes opening up into a bigger one.

And imagine the people walking by.

Imagine an old man with a cane passes and smiles to you...

Imagine little children pass by and smile to you...

Imagine a young couple passes by and smiles to you...

Now imagine an attractive woman passes by and smiles to you...

Now imagine that you approach a small grocery store.

And step inside... with a soft, carefree, playful smile on your face.

Walk up to the cash register.

An attractive woman is there. Notice her eyes. Notice her hair. Notice her skin.

As you approach her you make eye contact and...

From your soft playful smile that you have...

Break into an open smile. A wide smile. And look into her eyes.

And hold it.

And hold it.

And hold it.

And notice how she gives you a great big smile back.

Notice how her cheeks rise. Notice how her eyes begin to sparkle. Notice how her entire mood lights up.

And allow her new happiness... to spill from her like a flood... and wash all throughout your body.

Now in a moment, I'm going to count from 1 to 3 and as I do so, allow yourself to slowly come out of the visualization feeling better than before.

1... 2... deep breath (breath in, breath out) and 3... open your eyes...
feeling fine... feeling relaxed... and feeling better than before.

Body Language Visualization Rehearsal

Now imagine you're at a party...

In a house...

Full of men and women...

Almost elbow to elbow...

They're all having fun...

Talking... laughing... as if... they all know each other.

Listen to their voices...

All the voices speaking over one another...

Smell the perfume of the women next to you...

Feel the collective body heat on your face.

As you stand there...

With your hands uncrossed....

With your legs... apart...

Standing straight... so straight it seems as if...

A string is holding you up... all the way up on your toes...

As tall as you can be.

And suddenly...

You see a chair. An empty chair.

And so very relaxed...

You sit down...

All by yourself...

With no one to talk to...

But you don't care...

Because you're king...

You sit down...

Spreading open your legs, far apart...

Placing your arms up on the back of the chair...

Body completely open...

Open to the maximum space you can...

Like you run this party.

Notice how this feels... to be someone with this kind of body language...
relaxed no matter what... laid back... in no hurry... measured...
controlled.

Imagine now how the women are comfortable around you... notice how
people are wondering who you are... whether you're someone
important... the glances some of the women pass your way.

And suddenly...

You notice...

An attractive woman across the room...

Across the crowd of strangers.

And now imagine...

You make eye contact with her...

And smile...

And...

She smiles back.

Now visualize yourself... slowly getting up... in no hurry.

And slowly begin to walk through the crowd toward her direction.

All of your muscles, your shoulders... completely relaxed...

Your neck relaxed...

Without turning your head in either direction...

But holding your gaze steady.

Not caring if anyone is watching you...

Or what you're doing.

But moving...

With purpose...

Moving...

Slowly...

Imagine slowing down...

To half speed...

Imagine slowing down...

To quarter speed...

Nice and relaxed...

Measured...

Controlled...

And allow this feeling that your new body language is giving you... to take hold and allow it to... sink all the way down... to wash throughout your self... and change you...

Now in a moment, I'm going to count from 1 to 3, and as I do so, allow yourself to slowly come out of this visualization feeling better than before...

1... 2... and 3... open your eyes... feeling fine... feeling relaxed... feeling better than before.

Touch Visualization Rehearsal

Now imagine yourself sitting at a small table in a sensual, intimate Italian restaurant. With waiters in white shirts and black pants moving gracefully from table to table. Listen to the elegant sound of classical music in the background. Look at the rich colors of the walls. And the fine plates and dining ware set on the table.

Imagine, next to you, very close, within touching distance... is the company of an attractive woman.

Notice her eyes... her smile... her hair... her dress... notice the way she looks at you... and listens...

As you imagine that you're playfully talking to her...

Your face only inches away from hers...

Smiling back and forth playfully...

Making eye contact back and forth playfully...

Notice that the words you are saying to her are not important right now...

But imagine... that what you say... she likes... and smiles...

And as she laughs...

Imagine now, casually putting your hand on her knee as she laughs...

And taking it away.

And imagine, that you point out to her... another diner with a funny hat...

And as you point... casually touch her back with your hand... for a moment... and let go...

And she smiles and laughs.

And she comments to you about the funny hat.

And see yourself lean into her, and touch her on the back with your hand, agreeing.

And as you talk...

And talk some more...

With her full attention...

You've noticed... that she's become warmed by your touch...

You've noticed her face flushed red...

You've noticed her skin become electric...

So you take her hand into yours. And you tell her... that you can tell a lot about someone... from reading their hands. And you begin to massage her hands gently. And stroke each of her fingers softly.

And you can feel... the blood through her hands... getting hotter and hotter... you can feel her heartbeat getting... faster and faster...

And as you do so... allow this feeling of newfound confidence to casually touch take hold of your body and allow it to sink all the way down into you...

All the way from your head to your toes...

Now in a moment, I'm going to count from 1 to 3, and as I do so, allow yourself to slowly come out of this visualization feeling better than before...

1... 2... and 3... open your eyes... feeling fine... feeling relaxed... feeling better than before.

Physical Intrusion Visualization Rehearsal

Now imagine yourself at a party... imagine the people around you... the voices... the sound of laughter...

As you allow this picture to form inside your mind, go ahead and step into the picture, as if you were right there.

Notice now that an attractive woman stands across the room from you...

Notice how she looks... notice her eyes... her torso... her hair... her skin.

Notice how she carries herself and the energy she has.

Notice how she looks at you...

And you look back into her eyes...

And imagine yourself walking up to her...

So that you're only four feet away...

Notice the distance that four feet is...

Notice how she looks from 4 feet away now...

How it is somewhat far for talking...

And see yourself playfully smile and say hello... and she smiles back.

Imagine the amount of sexual tension.

Now go back to where you were across the room...

And the attractive woman stands across the room from you...

Notice how she carries herself and the energy she has.

Notice how she looks at you...

And you look back into her eyes...

And imagine yourself walking up to her...

Right up to her...

Within inches of her...

So that your chest is almost touching her breasts...

Notice the distance a few inches is...

How you can feel her breathing on your neck...

How you can feel her own body heat...

Imagine what kind of reaction she might have...

Imagine does she feel sexually excited...

Does she feel crowded...

Now imagine being back to where you were across the room...

And the attractive woman stands across the room from you...

Notice how she carries herself and the energy she has.

Notice how she looks at you...

And you look back into her eyes...

And imagine yourself walking up to her...

Close up...

Within one foot of her...

So that you are close...

Very close...

Into her intimate space...

But far enough to say hello...

And continue to look into her eyes...

Notice how close one foot seems...

Notice how comfortable this is for you.

Notice how comfortable she seems to be.

Notice how you can feel her body heat... and the physical attraction created.

Notice how you can feel the electricity from the closeness.

And you playfully smile... and say hello.

And she smiles back.

And imagine that... as you look into her eyes... you playfully talk to her... and she says hello... until you're talking back and forth...

What you say doesn't matter...

What only matters... is that... as you talk with each other... you move in a little closer...

A few inches closer... a few inches more into her intimate space.

Close enough now that you can feel her body heat even more than you thought possible...

Close enough now that she can sense your breathing.

Close enough now that the sexual energy surges like lightning bolts from her skin.

Now take a deep breathe (breathe)... and allow the feeling of knowing you can find and adjust for a woman's boundary of intimate space easily and naturally to fill your body...

From the top of your head... to the tips of your toes...

Allowing the feeling to move all throughout your body and become part of your permanent programming.

Now in a moment, I'm going to count from 1 to 3, and as I do so, allow yourself to slowly come out of this visualization feeling better than before...

1... 2... and 3... open your eyes... feeling fine... feeling relaxed... feeling better than before.

Eye Contact Visualization Rehearsal

Imagine now... as you remember the new you...

Sitting at the small table in the sensual, intimate Italian restaurant. With waiters in white shirts and black pants moving gracefully from table to table. Listen to the elegant sound of classical music in the background. And the rich colors of the walls. And the fine plates and dining ware on the table.

Imagine, next to you, very close, within touching distance... is the company of an attractive woman.

Notice the color of her eyes... the shape of them... the length of her lashes... the shape of her eyebrows... her smile... her hair... her dress... notice the way she looks at you... the way she listens...

As you imagine that you're playfully talking with each other...

Your faces only inches away from each other...

Smiling back and forth playfully...

And imagine that you're looking at her whole face...

...

Notice how this feels to you...

Now focus in, into her eyes only...

Look directly, deeply into her eyes...

Notice how this feels different...

More close...

More intimate...

Notice how she responds differently as you look directly into her eyes...

As you hold that gaze into hers longer than you would expect... as you smile... as she smiles...

It's almost like your eyes are sticking to hers like soft taffy...

Neither of you looking away...

As you feel more and more intimate with her...

Now let the restaurant melt away in your mind...

And imagine yourself standing in a nightclub.

Listen to all the voices chattering in the background.

Listen to the music around you in the surround sound of your mind.

Notice all of the people around you with drinks in their hands.

Notice how dark it has become.

And how many sounds and sights could potentially distract you.

Now imagine...

Catching the eyes of an attractive woman...

Standing by the bar...

And without looking away... continue to look into her eyes...

Continue to look into her eyes...

See how long you can look into her eyes while she looks into yours...

Don't look away... hold your gaze...

And as this happens you feel even more relaxed inside...

Noticing how this feels... holding eye contact with a total stranger...

How good it feels...

And the more relaxed you feel... the longer you can hold your gaze into hers...

Until she looks away...

And then, as you see her look away, you feel more and more relaxed...

With purpose and with ease... you turn your body...

And walk deliberately, with control... up to where she stands... step by step...

Until you're right in front of her...

And she looks at you...

And you look directly into her eyes...

And smile...

And she smiles back...

And allow this feeling to take hold of your body and allow it to sink all the way down... all the way down, knowing that you can experience this level of eye contact anytime with a woman in a nightclub... or anytime a woman passes you by on the street... anytime with a woman in a store... with any woman you meet...

All the way through every inch of your body... to be used anytime you need.

Now in a moment, I'm going to count from 1 to 3, and as I do so, allow yourself to slowly come out of this visualization feeling better than before...

1... 2... and 3... open your eyes... feeling fine... feeling relaxed... feeling better than before.

